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New, expanded program
for gifted students

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Family Care
helps elders
find services
they need

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Our food writer:
Spring time is
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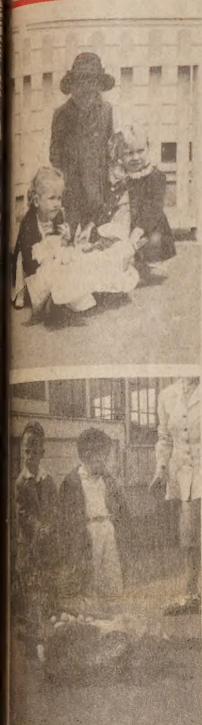
TIMES JOURNAL

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ALBANY-EL CERRITO, CALIFORNIA WEDNESDAY, MARCH 23, 1983

★ NO. 22



Waiting for the Easter bunny

Albany Pre-School is planning its traditional Easter Egg Hunt at Memorial Park, sponsored by the Parents Club. The former students pictured here enjoyed the festivities in 1946. Albany residents (aged "crawlers" to 12 years old) may participate on Saturday, April 2 from 10 a.m. to 12 p.m. The park will be sectioned off to allow different age groups to participate simultaneously. Youngsters should bring their own baskets, and an Easter Bunny will give out free balloons. For further information, contact Gloria Green, event co-ordinator at 527-4994 or club president Joan Sextro at 526-7447.



Big protest over Kirby's Chuck E. Cheese takeover sparks anger in El Cerrito

By GORDON RADDUE

EL CERRITO — The Planning Commission has been deluged with mail protesting the replacement of the Kirby's restaurant complex in the El Cerrito Plaza with a Chuck E. Cheese Pizza Time Theatre.

As of Friday, 220 protest letters had arrived at City Hall, according to Jean Smith, community development department director.

"This is by far the most mail we've received on any issue," Smith said. "It's more than double the amount we got on senior housing."

While enough to fill a large volume, the letters may carry little or no weight when Pizza Time Theatre's application for a use permit goes before the Planning Commission for approval Wednesday, April 6.

Homart Development Co. of Chicago, which owns the Plaza buildings with the exception of Capwells' and Long's, told Kirby's owner David Viale that his lease on the property — due to expire in June — had been sold to Pizza Time Theatre.

Plaza merchants rallying to the Viale's support, recently voted 14-0

against Chuck E. Cheese moving in. Dave Wheeler, director of real estate for Sunnyvale-based Pizza Time Theatre, Inc., hopes to change the thinking of the merchants at a 10 a.m. meeting Thursday at the Plaza. He

(Continued on Page 2)

'Heroines' claim \$500 reward

By JUDY POLUMBAUM

ALBANY — The city Monday accorded heroine status to two little girls for informing on a vandal, and a local citizen made each \$250 richer as well.

Mayor Ruth Ganong presented plaques of appreciation to Kimberly Mordecai, 10, and Brandi Wilson, 9, for providing Albany police with information leading to the apprehension of a vandal. (Continued on Page 2)

Sports

Controversy over girls' coverage

By STEVE TADY

ALBANY — If no one goes to a girls' high school basketball game, should anyone write about it in the school newspaper?

If the players are the only ones to watch a softball game, should the results see print?

The question of how to cover a school sports event, specifically a girls' event that was attended mostly by the players, is being hotly debated

What if nobody attends?

at Albany High.

Casey Shaughnessy, sports editor of the Albany school paper, The Informer, is trying to defend herself against what some have called a lack of coverage of girls' sports. The girls' varsity coach for basketball and softball definitely wants more coverage

and the first-year principal is wondering why this all had to happen this year.

First, the defendant.

Shaughnessy has been the sports editor of The Informer since September. She was a sports writer for the same paper last spring.

Last fall, she was the trainer for the varsity football team and she was also voted the school's homecoming queen.

In the March 4 issue of The Informer, she printed a letter from an angry

reader of the sports page.

Albany student Jennifer Fong wrote the following comments concerning the sports coverage for girls:

"While I have seen articles on girls whose outside interests are baton twirling and ballet, I haven't seen any records for girls' sports performance anywhere at AHS. Much more school support is given to football and boys' basketball games than to girls' sports. While there are spirit squads at the football and boys' basketball games, there aren't any at the girls' games."

Fong also wrote that if the girls had more support at their games, they would get better and would then deserve more attention. She noted special

(Continued on Page 4)

By BARBARA ERICKSON

A new Richmond Unified program, expanding classes for exceptionally bright children for the first time to junior high schools, will allow students to transfer to "cluster schools" next fall.

The program, adopted unanimously last week by the school board, will set up gifted classes at three schools. Students at the other sites will be allowed to transfer during a sign-up period.

Under the plan, Downer and Helms junior high students will be able to register for classes at Adams Junior High, and Pinole Junior High students will be able to enroll at Juan Crespi Junior High. Portola Junior

High students will remain at their school for the gifted classes.

This year Richmond Unified has had a similar "school-within-a-school" program in Nystrom and Wilson elementary schools.

Parents of gifted students spoke in favor of the junior high program, but JoAnn Thomas, a district psychologist, warned that the move could hurt teacher morale at the schools without the program.

The junior highs are already offering advanced classes, she said, and "it would be bad for morale to remove advanced kids from the schools."

Board member Eddis Harrison also said she was afraid of "the negative

(Continued on Page 2)

RUSD plan aids its gifted kids

More arts education is planned

By CHARLES PELTON

ALBANY — As part of its program of promoting fine arts as an integral part of education, the Albany School District is applying for funds which could lead to an Albany schools' artist-in-residence.

"Our idea is to bring artists from the university and the community into the high school and the elementary schools," Bruce Horton, an Albany metal sculptor, explained.

Close to \$700,000 is available state-wide through the California Arts Council and the state Department of Education for what is called the Exemplary Arts Education Program.

The maximum amount of funding available for each project is \$50,000, which is good for one year. One of the program's main purposes is to "utilize arts as a means of reinforcing basic skills."

"As well as an artist-in-residence, we might have 12 or more artists who

(Continued on Page 2)

Church sets Jerusalem Fair Travel back 2,000 years at Epworth

THOUSAND OAKS — From 11 a.m. to 12:30 p.m. on March 27, the Fellowship Hall of Epworth United Methodist Church will be transformed into the crowded marketplace of Jerusalem about 2000 years ago.

The Jerusalem Faire has been a Palm Sunday event for the last three years, and includes lentil soup, Middle East bread, cheese, and dried fruits; carpentry, basket weaving, copper jewelry making; Israeli dancing, and musicians.

Children's classes have been preparing for the faire by making scales, money bags and coins to be used at the booths. Banker Sieve Smith will be the money changer; attorney Tom Olson will portray the lawyer arranging contracts and settling disputes by the city gates. Dr. Stephen Reid, professor of Old Testament at PSR, will perform priestly duties of worship and "cereal sacrifices" at the Temple.

The faire follows the 10 a.m. Palm Sunday worship service in the Sanctuary. Epworth is located at 1953 Hopkins St., Berkeley. The Rev. David F. Slope, pastor, will be preaching on "The People Stood there Watching." Jan Slope is Jerusalem Faire Coordinator.



Jeanette Craven (left) and Heather Lawsen prepare for the Jerusalem Faire.



—Times Journal photo by Karen Preuss

Teri Johnson helps Margaret McGill with her swing

Cluster schools set for gifted

(Continued from Page 1)

impact on communities that no longer have these kids." She said she would "thousands of times over prefer to see us running programs everywhere," if the district had the funds.

But Pat Rupley, assistant superintendent for secondary instruction, said the number of gifted students varies greatly from school to school, from a low of 7 percent at one site to 23 percent at another. The schools with small numbers do not have enough students to form complete classes for the gifted, she said.

Cynthia Wilkerson, president of the Elementary Council PTA, said gifted students are now placed in junior high classes ranging from the average to the advanced. "So they're

not with their peers," she added. And parent Austin Frank said the schools should "not hold children hostage and hold parents hostage."

Rupley said the district could correct the problem by adding one or two teachers to each small school at a cost of up to \$30,000 per school or the board could adopt the cluster program.

"We're quite certain of an anticipated absence of funds," she said, "so we're recommending the cluster."

Board member Don Lau said the clusters "would probably be the best use of our dollars" and moved adoption of the recommendation.

Board president Katherine Lord agreed with Lau but said the program

"saddened" her. She asked that not only certified gifted students be allowed to take part but also students whose parents request the move. Lau accepted the change.

The board vote means that parents of students who have been certified gifted according to IQ tests can ask for transfers to the receiving schools during the month of April. Other parents can ask for transfers if they have a teacher or principal to join them in the request and if the principal of the receiving school agrees.

The elementary gifted program will operate the same way next year. It will take place at Wilson, Nystrom, and Collins schools, and parents of students who have not been certified can also request transfers if they the support of a teacher or principal.

Girls claim vandalism reward

(Continued from Page 1)

sion of a 12-year-old who had broken into Vista School on a Sunday afternoon two weeks ago.

The boy had damaged fixtures and supplies and set a teacher's desk afire. He was charged with burglary, arson and malicious mischief and referred to juvenile probation authorities.

Dario Meniketti, making good on a promise of a \$500 reward to anyone who supplied information leading to culprits responsible for damage to public property, gave each girl a check for half that amount.

Meniketti originally had offered the money in an effort to get a handle on the problem of vandalism in the city's parks. He acknowledged Monday that "I was thinking more of the bigger kids."

But he said city officials had asked him to apply his reward to the school vandalism case.

The awards presentation, the high-

light of Monday's City Council meeting, took place before two admiring clusters of relatives.

The two girls, dressed in flouncy dresses, tried to look serious as Mayor Ganong read out the inscription on their plaques, but couldn't help giggling every time their eyes met a familiar face in the audience.

Ganong said the girls' action "made everyone in the city feel very good." Meniketti called them "courageous," and added, "I think we have to deter the destruction of public property."

In other action Monday, the City Council:

- Opened bids for modifications to the entrance, hallways and restrooms of the Albany Library which will improve access for the handicapped. A city engineering estimate had placed the cost of the improvements — which are covered by federal funds — at \$7,150.

The lowest of the six bids came in

at \$6,339.19 from Rissanen Construction Co. in El Cerrito, with other bids ranging as high as \$11,950. City staff was authorized to proceed with arrangements to hire the low bidder.

- Passed a resolution revising the format for approving payment of bills, and changing the cycle of bill payments from weekly to bi-weekly. Formerly, a Finance Committee composed of two council members and the mayor went over bills prior to each weekly council meeting. Now, the entire council will be supplied with a check register every two weeks for approval on the routine portion of the council agenda.

Administrative Officer William Haden said the change in format would reduce meeting time for council members as well as putting all the city's payments on the public record. Paying bills bi-weekly would ease the Finance Department's workload and assist the city's cash flow, he said.

Board seeks arts funding

(Continued from Page 1)

would be assistants," Horton said.

"The remuneration they would receive could be in the form of awarded material — such as clay or bronze, depending upon the medium they use. The artist would also benefit from the exposure."

Educators say Albany students would benefit, since they would actually experience the artist painting, drawing or building their piece right on the campus.

Grant money will not be awarded until August. Assistant superintendent Richard Rosenquist cautioned that the program is "immensely competitive. Maybe only 10 will be awarded throughout the entire state."

Horton, however, is undaunted: "This would be a great program. It could serve as a model for other school districts."

At its last meeting, the school board:

- Adopted five general superintendent's goals for the 1983-84 academic year, four of them holdovers from the previous year.

The only new goal charges the superintendent to examine the entire district wide program to see whether it "is consistent with the educational

goals of the district."

"What we want to do," Superintendent Stephen Goldstone said, "is take a good, hard look at what we are teaching. This will be a main focus of the coming year."

Remaining goals include the district's ongoing attempt to "maximize all available financial resources," support staff development, develop policies which provide for "a systematic process of staff evaluation" and improve the program and environment at Albany High School.

- Tabled a proposal to join a Schools Committee for Reducing Utility Bills (SCRUB) — an organization whose only purpose is to lower utility costs for school districts.

"It's not the goals of the group that I have problems with," board member Peggy Thomsen said. "It's just that this seems like one more organization to join — one more staff person or lobbyist in Sacramento to support."

The board directed the superintendent to see if any of the existing organizations to which the Albany School District belongs are working to accomplish the same goals.

- Notified the state that the district intends to conduct two special summer school sessions.

One of the sessions would be

geared to assist students in Albany's minimum proficiency requirements in reading, writing, mathematics. The other would be a special 20 day session for Middle School special education students.

- Allocated \$150 to hire a key who will train teachers in "holistic scoring method" of grading students' writing.

"The tendency is for teachers through a paper and correct specific errors," Rosenquist said. "The tendency is for a more holistic view of the worth of a pupil's work."

Rosenquist claims that the approach, which Hailey had demonstrated to Albany teachers last year, encourages teachers to use more papers by making the papers seem like less work.

- Accepted the resignation of Moira Snyder and the return of Dorothy McKenna, both teachers at the Children's Center.

- Agreed to pay stipends to the School Improvement Plan for the spring season to coaches Patrick Idris, Ray and Gale Kirby, at the Albany School.

Protest over Kirby's restaurant takeover

(Continued from Page 1)

has invited them to attend a film and discussion session, open to Plaza merchants only, on the Chuck E. Cheese operation.

The merchants have expressed the fear that Chuck E. Cheese will replace potential customers who dine at Kirby's with an element that will be coming to the shopping center strictly for the amusements provided by Pizza Time Theatre.

There are now 122 company-owned Pizza Time Theatres and 103 franchised restaurants in 31 states, compared with a total of 88 restaurants in the first quarter of last year.

In addition to pizza and other refreshments, the theaters offer customers video games, films and other kiddie amusements, including musical entertainment by computer-controlled robot characters.

"We hear the same kind of arguments everywhere we go," Wheeler

said in commenting on the fears of some Plaza merchants and customers that the Chuck E. Cheese restaurant will bring in potential purse-snatchers and shop-lifters.

"The median age of the children is from 6 to 9," he said. "Those are your potential purse-snatchers and shop-lifters."

Wheeler also emphasized that no youngster under 18 is admitted to a Chuck E. Cheese restaurant unless accompanied by an adult.

Many of the protest letters expressed the kind of fears Wheeler characterized as groundless.

Quite a number of them, however, contained probing — sometimes wry — discussion of the dramatic change in use at the Kirby's site.

In one of the longer letters, local resident Daniel Freudenthal wrote: "The need for a restaurant and coffee shop in the Plaza which serves all elements of the population should be

a matter of priority to the

sion." Another, alluding to the number of seniors who regularly dine at Kirby's, called the restaurant only self-supporting senior center in El Cerrito.

Others noted that Kirby's is only place in the Plaza that serves full meals.

Some stated that the Chuck E. Cheese outlet in Pinole was enough for those interested in the restaurant offers to patronize.

Letters from mothers of children were among the most several complaining about music and video games at the Chuck E. Cheese.

Whether for or against, the Planning Commission's decision on Pizza Time application is certain to be appealed by the losing party, would leave the final verdict to the City Council — or perhaps a law.

Coming up

Gateview residents elect board members

ALBANY — At their annual meeting March 8 the homeowners of McKinley Towers elected four new members to the Neighborhood Council's Board of Directors.

The new directors include: Heera Gurbaxani, incumbent, is a sales manager with Homestead Mining Company, San Francisco, and has a background in science, law and financial analysis. She has been a Board member since March 1982 and served as secretary. Gurbaxani who is also active in the Gateview and El Cerrito Toastmasters Clubs is elected to a two-year term.

Irene Moran, incumbent, is a librarian on the U.C. Berkeley campus, where she is head of public service at the Bancroft Library. She is also a member of the Albany Recycle Committee.

She was appointed to the McKinley Towers Board in December 1982 to replace member Pat Meyer, who has resigned. Moran will also serve a two-year term.

Lynden Davis is assistant chief engineer with American tractor Equipment Company, Oakland, and is a licensed professional mechanical engineer.

Davis is a member of the Toastmasters International and founded the Gateview Toastmasters Club. He will serve a two-year term.

Mary McGrath is a professional psychologist and served as director of elementary guidance and district psychologist for the Martinez school district.

McGrath was secretary of the 1978 McKinley Towers Board and is 1983 president of the Gateview Toastmasters Club. She will serve a one-year term.

President Emil E. Melfi, Jr., who retired as Clerk of the U.S. Court of Appeals for the Ninth Circuit in September 1979, was elected to the board in June, 1982 and he will serve through 1984.

Republicans feature Sloan as speaker

The Kensington-El Cerrito Republican Association is sponsoring a dinner on Friday, March 25, featuring Sloan as speaker. The dinner will be held at Spang Grotto, 1919 4th Street, in Berkeley.

Sloan is a former coach, political candidate and government worker currently the director of business development for the Bank of Fresno.

His topic is "Who will follow me?" For reservations call Mildred Clark at 525-8365. The cost is \$10 per person. A social hour begins at 6:30 p.m. and dinner will begin at 7:30 p.m.

In 1972, Sloan resigned from coaching to run for Congress in Missouri. After an overwhelming primary victory, he lost the general election in Missouri's congressional race. He also was director of motor vehicle licensing for the state of Missouri.

In 1977, he served as finance director for the Republican State Committee. In 1979 he became executive director of the Bulldog Foundation at Fresno State University.

Tennis anyone?

ALBANY — Tennis classes and or lessons are available from the Albany Park and Recreation Department, at moderate prices.

Adult and junior classes are available at Memorial Park, Portland and Pomona, taught by Jose Mo-

rales.

Adult classes meet on Tuesday and Wednesday mornings, evening on Saturdays. Junior classes meet on Saturday afternoons.

To register call 8514.

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Priests, Sex and 'The Thorn Birds'
By Father Andrew M. Greeley
Page 4



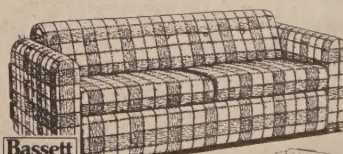
Richard Chamberlain and Rachel Ward in this week's 'The Thorn Birds'

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Business

A book that helps elders get their fingers do the walking

By ROBERTA ALEXANDER

ALBANY — The Seniors' Phonebook was born as the result of a personal dilemma faced by a number of local people.

In the words of one, "we each had an aging family member, and we needed to find the things they needed." Douglas Ferguson, a computer specialist, described himself as completely unprepared for the problem of integrating community resources.

"When the doctor said my aunt needed nursing home care, not only didn't I know about nursing homes, I didn't know there were alternatives. I didn't know I could rely on the doctor thought it was necessary," he recalled.

Ferguson found he was not alone with his problem. When he discussed his situation with others, he heard similar stories: a friend was trying to cope with a homebound stepmother who needed services delivered; another had to move an aging relative from an out-of-state nursing home.

The friends started pooling their information, and so an Albany Family Care Information (P.O. Box 6412, Albany 94506-5245-6000). Its members, besides Ferguson, are John Cunningham, an economist; David Miller, a marketing specialist; Ying Mei Tcheou, a licensed nurse practitioner; Virginia Miller.

And then, Ferguson said, "I came up with the wrong idea. I think in terms of computer use, and I wanted to create a data base of all this material. Then if someone needed to know something, we could provide a print-out."

He found, however, that when the group pitched the idea to care providers and senior center directors, the response was negative. Most felt the material would be far more accessible in the form of a book.

"Everyone stressed how important it was to find out what was available nearby," he said.

And so the phone book, which covers Alameda County and Contra Costa County, is organized by city. In each section is a listing of nursing homes, residential homes, clinics and hospital delivery systems (for food and medication), medical services, housework assistance, seniors' organizations and transportation.

Ferguson said the group spent 10 months gathering information, and that it did a series of random survey checks on approximately 10 percent of the material. He said a correction sheet will be issued soon to correct remaining errors.

A spot check through the Albany section of the book revealed a few errors: a Berkeley residential care facility listed as being in Albany, as was an El Cerrito pharmacy; significantly, the list of businesses or organizations that deliver food or medication did not include Alameda Meals on Wheels.

Ferguson said that despite the errors, the book is a valuable source of information for local people.

"We know there are things that it doesn't contain, but the second edition will cover them," he said.

He said these included information on unlicensed residences, the range of educational and recreational activities available to older adults and consumer and police information geared to older adults. He said later editions would also include some "guidance information": a list of agencies to look for in a nursing home, for instance, as well as advice on what kind of questions to ask service providers.

Also in the works are phonebooks for other Bay Area cities.

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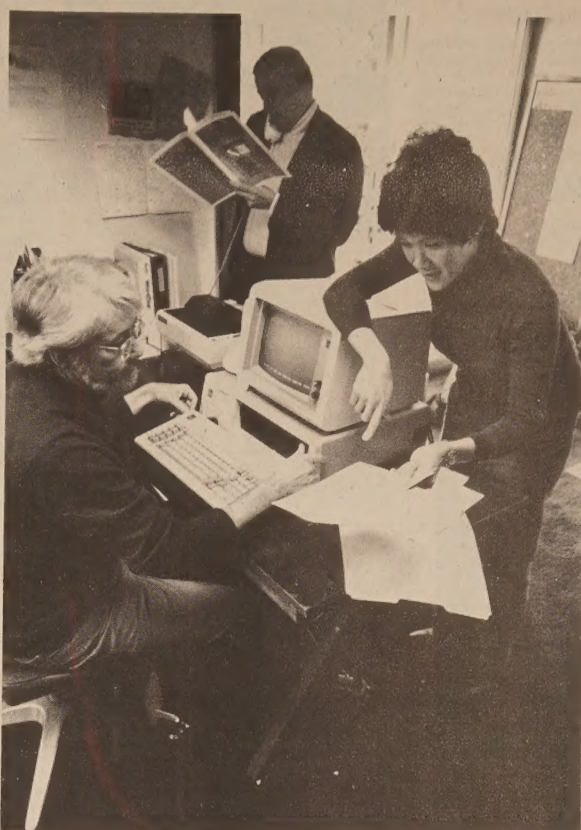
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—Times Journal photo by Karen Preuss

Compiling the Senior Phonebook: Tcheou at computer, with Dave Miller in back

Briefs

Library sets story time

ALBANY — Pre-school story time at the Albany Library, 1216 Solano Ave., resumed on Thursdays, at 10:30 a.m.

The program, for children ages three to five, includes some singing and stretch activities in addition to the reading of traditional contemporary children's stories.

No registration is required, but parents are encouraged to sign up their children in advance to allow time for name tag preparation. Each session will last about 40 minutes; the program will continue through May 12.

There is no room at this program for organized groups; Albany pre-school and daycare groups may inquire about regular programming.

For more information, call Elizabeth Overmyer or Zoe Kalkanis at the Albany Library, 526-7866.

Girls, play softball

EL CERRITO — The El Cerrito Community Center will begin its third season of Peppermint Patty Softball for girls in 5th-8th grades.

From March 7 through June 3, practices will be held on Mondays and Wednesdays from 3-5 p.m. at Harding, Fairmont, Tassajara and Castro parks. The 5th and 6th grade league will play their games on Thursdays and the 7th and 8th grade league plays on Fridays.

Sign-ups will be at the El Cerrito Community Center, 7007 Moers Lane. Fee is \$5 for residents and \$7 for non-residents.

Integration signup

March 25 is school deadline

By BARBARA ERICKSON

Enrollment for the Richmond Integration Plan, a voluntary program to improve racial balance in Richmond Unified schools, is open now through March 25.

Parents may register their children at their present sites between 8:30 a.m. and 3:30 p.m. this week.

The 15-year-old integration plan requires students to remain at the new school for at least one year. Parents may choose any school in the district if the transfer improves the racial balance of both the sending and receiving school.

The transfer guidelines include:

- Enrollment must move the racial balance at both receiving and sending schools closer to the districtwide population average.

- The districtwide student population is 40 percent white and 60 percent minority (black, Asian, Hispanic, Filipino, and Native American).

- Schools that have reached the district ratio of 40 percent white and 60 percent minority will not participate in the plan.

- Enrollment in the program must be made during the registration period.

The following schools, with minority populations of more than 60 percent, are closed to incoming minority students: Alvarado, Balboa, Bayview, Belding, Coronado, Cortez, Dover, El Monte, El Portal, Fairmeade, Ford, Grant, Hercules, King, Lake, Lincoln,

Madera, Nystrom, Ohlone, Peres, Stege, Verde and Woods Elementary Schools; Adams, Down, Helms and Portola Junior High; and El Cerrito, Ellis, Kennedy and Richmond High.

The following schools, with white populations of more than 40 percent, are closed to incoming white students: Broadway, Castro, Collins, Del Mar, Elmhurst, El Sobrante, Fairmont, Harding, Hillview, Kensington, Kerry Hills, Mira Vista, Montalvin, Murphy, Olinda, Rancho, Riverside, Seaview, Serra, Shannon, Sheldon, Stewart, Tara Hills, Valley View, Washington and Wilson Elementary Schools; Crespi and Pinole Junior High; De Anza and Pinole Valley High.

During the first year of the transfer program, 1,100 students enrolled, and this year more than 1,400 students are taking part.

Participation reached a peak in 1977 with 2,555 students, but a year later the district dropped transfer busing and enrollment fell by 500. Since then there has been a slow decline due, school officials say, to changing residential patterns.

Most of the transfer students are black and they tend to choose El Cerrito schools for transfers, mainly Madera, Fairmont, Del Mar and Harding as well as Mira Vista in Richmond and Kensington in Kensington. Secondary schools selected most often are Pinole, Juan Crespi, El Sobrante, Adams, Portola,

De Anza, Pinole Valley and El Cerrito.

Schools that lose the most students under the plan are Stege, Coronado, King, Peres, Cortez, Nystrom and Lincoln elementary; Downer and Helms junior high; and Kennedy, Richmond and Ellis high.

The district population is about 40 percent black, 39 percent white, 10 percent Hispanic, 8 percent Asian, and 3 percent Filipino.

PTSA sets sex meeting

EL CERRITO — "Self-Discovery: A Health Awareness Course" is the topic of the El Cerrito High School PTSA's general membership meeting to be held at 7:30 p.m. on Tuesday, March 22, in the ECHS Little Theater.

The Richmond Unified School District has been chosen as a site for the nationwide testing this year of this course, which is designed to teach teens more about their own health care, bodies, nutrition, and emotional health.

Judy Gosnell, "self-discovery" teacher at ECHS, and ECHS students enrolled in the class will explain the new program. They will also discuss the concerns teenagers have as they assume responsibility for their own health care.

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Kiwanis' low-cost health fair slated

The Albany-El Cerrito Kiwanis Club and the Richmond Bay Clinic are sponsoring a one-day health fair on Saturday, March 26 from 9 a.m. to 5 p.m.

Featuring low-cost medical screening and testing, the fair will offer blood pressure, urinalysis, electrocardiogram, pulmonary, hearing and vision tests. Doctors and nurses will be on hand to offer consultation and analysis.

Senior citizens are entitled to a 50 percent discount off all tests, none of which cost more than \$8. Children aged 5 to 13 will also receive special prices for the tests. Child care and free balloons for children will also be available.

The health fair will be held at The Richmond Bay Clinic, 1313 Cutting Blvd. in Richmond. All proceeds will go to Albany-El Cerrito Kiwanis club community service projects.

Do you want to start a small business?

ALBANY — The seven-meeting course, "Starting and Managing a Successful Business", begins Tuesday, March 22 in Albany.

The adult education course convenes in Room 106 at Albany High School from 7 to 9 p.m. Registration will be held in the Albany High School office before and after the first class meeting.

common problems, advantages and limitations of operating a small business. Topics to be presented include: self-evaluation, marketing research, a business plan, advertising, and promotion.

"Starting a Business" is one of over 100 class scheduled by Albany Adult School this spring. For information, or printed schedules, please telephone 526-6811.

Sports



Batting practice: coach Teri Johnson shows them how it's done

Albany High controversy girls' sports coverage

(Continued from Page 1)

cific examples of girls who had done well in sports but had been ignored by The Informer.

Enter the coach who wants more coverage in the school paper.

Terri Johnson has just finished coaching the girls' varsity basketball team and she has now taken over the softball team.

"We didn't get any coverage until the end of the season," she said. "We didn't have a good year but it shouldn't matter. We had good games and they were all close."

"I remember a little story on one of our basketball players at the end of the season, but the boys' junior varsity games got put in before we did," she added.

Shaughnessy's reply: "If they had more wins, people would have been more interested. I tried to approach them, I talked to some of the players and I got the feeling that it would do more harm than good to print how

they were doing. I think they won two games."

But can an editor base coverage on how many wins a team has?

"Well, no, I don't base it on that. I base it on interest and no one in the school is really that interested in girls' sports," she added.

The principal of Albany High, John Marlowe, recently announced that he was going to give a talk on how he planned to give girls' sports a boost next year. The sports editor was there. The story was in last Friday's edition of The Informer.

According to Shaughnessy's account of Marlowe's talk, "newspaper coverage of girls' sports is abysmal and they are just as interesting, skillful and exciting as boys' sports."

He went on to comment on the fact that there is "residual sexism" going on concerning the coverage of girls' sports and he asked the question "Wouldn't they be more skillful if they got more support?"

He later stated that he thought Shaughnessy's account of the talk was very accurate and added that he was very interested in the girls' sports.

"Next year, giving girls' sports a boost is one of my priorities at school, we don't support girls' sports and I think we should. We want the spirit squads out to games and booster support for the girls' sports."

So will the girls' softball team have any more coverage now?

"I won't give them any more coverage than I would have," Shaughnessy said.

But the girls are ranked in the Bay Prep Poll, so they might get coverage because they are winners.

Back to square one. "It's the old chicken or the egg thing," Marlowe said.

Which came first, the lack of coverage?

Briefs

Messiah sing slated

On Palm Sunday afternoon, March 27, the choral choir of St. John's Presbyterian Church will sponsor a Messiah Sing at 4:30 p.m. in the sanctuary of the church, 2727 College Ave., Berkeley.

J. Karla Lemon will con-

duct, and there will be orchestral and organ accompaniment.

If possible bring your own score. A light supper will be available at intermission for a modest charge.

Gifted students to math seminar

EL CERRITO — The Contra Costa Regional Office of the Contra Costa Superintendent of Schools co-sponsored the visit of Roger Taylor to conduct a seminar for outstanding school and gifted talented students in January.

ECHS students who attended the District Scholars Series were senior Amal Abed and junior Mitsumori. Taylor conducted the seminars on models, "Moral and Ethical Decision-Making" and "The Creative Process." ECHS social science teachers James McCollins and Maureen Gravett accompanied them.

Taylor recently presented a seminar for Contra Costa teachers on techniques for establishing and developing gifted programs in the school. ECHS teachers John and Leslie Moitao attended these weekend workshops.

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Senior centers

ALBANY

The center is at 846 Masonic Ave., 644-8500. Hours: Monday-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m. and Sunday, noon-4 p.m.

Special Events

Crafts class by Pearl Cook every Monday, 1-3 p.m. No charge except for materials.

Blood pressure clinic, Monday, March 28, 1 to 3:30 p.m.
Luncheon is served, Saturday, April 16, at noon. Tickets are \$3 and must be purchased in advance. Proposed menu: appetizers, bread, salads, roast turkey with stuffing, dessert and coffee.

Classes

No Vista classes here March 28 to April 2 because of school holidays.

Monday: Art techniques and painting, 10 a.m.-1 p.m.; Tai Chi, 1-3 p.m.
Tuesday: work and life, 10 a.m.; current world problems, 10 a.m. to noon; creative widowhood, no fee, 10 a.m.; English as a Second Language, 1 p.m.; folk & square dancing basics, 1 p.m.

Wednesday: current events, 10 a.m.; drama through eyes of Shakespeare, 1 p.m.; Tai Chi, 1:30 p.m.
Thursday: group walking, 10 a.m.

Saturday: creative writing and poetry, 10 a.m.-1 p.m.

Social Security

Field representative at the center the first and third day of the month at 3 p.m. to answer questions.

Income Tax

Assistance, Mondays 9 a.m. to 3:30 p.m.; Tuesdays, 10:30-3:30 p.m. Thursdays, 1 to 4 p.m.; Fridays, 9 to noon. Bring documents.

Continuing Events

Barber service, Thursday, 9 a.m.-noon. Donation requested.

Bingo, Thursday and Saturday, 10:30 a.m. Singalong, Thursday, 11:30 a.m.; bridge, Friday, noon-3 p.m.

Cards and conversation, Thursday, noon-5 p.m.; Saturday, noon-4 p.m.; Sunday, noon-4 p.m.

Chess group, Friday at 10 a.m.
Senior prom ballroom dance, Saturdays from 7:30-11 p.m. Donation, \$2 (includes refreshments).

Blood pressure clinic, 4th Monday every month, 1 to 3 p.m.

Transportation

Call at least one day in advance for reservations for senior van shopping trips. Wednesday mornings: El Cerrito area. Friday mornings: Solano Avenue. Requested donation, 50 cents per round trip. Albany residents only.

Taxi scrip available to Albany residents over age 60. Fee from \$4-10, depending on income. Apply Tuesdays, Thursdays and Saturdays, 10 a.m. to 2 p.m. Persons in wheelchairs may purchase special transportation voucher.

Meals on Wheels

Home-delivered meals are available for Albany residents. The food is prepared at Alta Bates Albany Hospital and is delivered at midday by a volunteer driver. Regular, low-fat and diabetic meals are available. \$12.50 per meal.

To order, please call the center at 644-8500 one week in advance. Coordinator Velma Grasso will make all arrangements.

Bus Tours

Trips are sponsored by Albany Park and Recreation Department. Make reservations with Myriam Heath, Tuesday at 1 p.m. and Thursday at 10 a.m.

Menus

The nutrition site meal is served at 4 p.m. Advance reservations are required. The suggested minimum donation for seniors is \$1 plus 50 cents; \$3.50 for persons under 60. Monthly menus are available.
March 23, fish; March 24, roast beef; March 25, liver and onions; March 28, lasagna; March 29, roast pork.

EL CERRITO

Open House

Located at 6500 Stockton Ave., behind the library; 4124. Drop in lounge open weekdays from 9 a.m.-2 p.m. Lunch daily at noon.

Classes

Mondays: 10 a.m., Tai Chi; 1 p.m. bridge; 1:30, basic painting and drawing.

Tuesdays: 9:30 and 10:15 a.m., fitness; 10-11:30 a.m., introduction to the history of Contra Costa County; 1 p.m., grocery bingo.

Wednesdays: 9:30 a.m., mild exercise; 10:30 a.m., needlework; 12:30, knitting; 1 p.m. bridge.

Thursdays: 9:30 and 10:15 a.m., fitness; 10 a.m., Spanish conversation; 1-4 p.m., understanding modern art.

Fridays: 9 a.m. to noon, barber; 9:30 a.m., fitness; cash bingo, 1:30-3:30 p.m.

Special Events

There is now an 8-session class on home care for homebound older adults, taught by Nancy Gans.

Guest lecturers include: March 24, 3 p.m.-Sylvia Scarborough of the Lung Society, 4 p.m.-Mary Doren on sensory deprivation; and March 31, Elizabeth Lowry on home health care services. April 7, Social security representative Marva Brown, 2 p.m.; Jean Selikson, 3 p.m.; April 14, Nurse Barbara Hudson on stroke.

March 23, 1-3 p.m., cooking for men only
March 23, public health nurse, blood pressure taken

Christ Lutheran

Mondays, 9 a.m.-2 p.m. at 780 Ashbury Ave. at Stockton.

Craft classes (pressed flower stationery, macrame, jewelry, weaving) are taught in the morning. \$5.00 lunch at noon. Afternoon program of information, speakers, community singing, sit-down exercises and folk dancing.

The program is co-sponsored by the Richmond Unified School Adult Education program.

St. John's Center

For El Cerrito residents 60 or over. Meets in the Catacombs Building, 6510 Gladys St., Tuesdays from 9 a.m. to 2 p.m. Phone Tuesday only 234-2797 or center director N. Gans at 529-1114.

The Center is part of the Richmond Unified School Adult Education program. 9 a.m., crafts; noon, free lunch; 12:30 lectures. After lunch, the group has community singing, sitdown exercises and folkdancing until 2 p.m.

The March 29 program will include a celebration of March birthdays as well as Easter. Luncheon by the nutrition class. Featured speaker, Father Thomas O'Shea, pastor of St. John's.

Community Center

Monday, 6-9 p.m. at El Cerrito Community Center, 7007 Moeser Lane. Program: first week, business and bingo; second week, cards and games; third week, potluck; fourth week, cards and games. If there is a fifth week, special programs. For information call 525-6747.

Senior Citizens Club

Meets Thursday, 5-9 p.m. at St. John's Catacombs Hall, Gladys and Lexington Streets. First Thursday of the month: business and cards; second, bingo; third, birthday observances; fourth, potluck and cards; fifth, special programs. For information: 526-7462.

Sakura Kai Center

For Japanese-speaking senior citizens, first and third Saturdays, 1-3 p.m. at 6510 Stockton St. Arts, crafts exercises, ceramics, "shigin" (poetry singing) and Social Security available. For information: William Waki, 525-7086.

KENSINGTON

Activity center, Thursday, 9 a.m.-2:30 p.m. at 52 Arlington Ave. Morning meditation. Workshops in crafts, table games bridge. Special programs after lunch: singing, bridge, clothing alteration class.

First Thursday, potluck lunch. Donate a food item or pay \$1.50. For the rest of the month, lunch of sandwich, cake and coffee is \$7.75.

EAST BAY

North Berkeley Center

1961 Hearst St., Berkeley, 644-6107. Open weekdays, 8 a.m. to 4:30 p.m., gift shop opens at 10.

Slide shows for the month of March include "London, Amsterdam and Paris," March 27. Other items of note are blood pressure and health birthday party March 9.

In addition, two new classes are slated to begin in March: "Fun and Games" starts March 28 and "Far Out—In Space" begins March 22.

Coffee shop decision due

By JUDY POLUMBAUM

EL CERRITO — Patrons of the coffee shop at the El Cerrito Coop supermarket have scheduled a meeting with officials of Cooperative Shopping Centers this week to discuss the coffee shop's fate.

Coop managers had planned on closing the coffee shop late last year, claiming it was a financial drain, but loyal customers objected and won their favorite local gathering spot a three-month reprieve.

Roy Bryant, Coop's general manager, is scheduled to meet with interested Coop members on Wednesday, March 23, at 2 p.m. in the second-floor meeting room of the El Cerrito market.

Supporters of the coffee shop, known for its "soup food" specialties, feel business has picked up as a result of publicity, including an article and advertisement in the Coop newsletter.

But Coop member Wilhelmina Abraham said she didn't know whether the increased business has shown up in financial statements. She said the hours of the coffee shop have been stabilized and it is now open Monday through Friday from 9 a.m. to 3 p.m.

She added that the manager and chief cook,

Leana "Toby" Poe, broke her arm in a fall and cannot take as active a role. "It won't be quite the same," Abraham said. "People like her cooking."

A newly-elected Coop board member, Erna Harris, has expressed interest in the coffee shop problem and said she planned to be at Wednesday's meeting.

Harris, one of several "reform" candidates to win seats on the board of the string of consumer-owned markets, has not yet taken a position on the matter.

"I tend to support it because it's a service, and I'm not sure that services like this in a market should make a profit," she said. But she added that she needs more information, which she hopes the meeting will supply.

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the corner to the Chamber of Commerce. According to the postmark, the envelope went to Johannesburg (in South Africa, we presume) before arriving at the chamber on March 14.

Coming up

Kensington sets classes after school

KENSINGTON — The Kensington after-school enrichment program spring session begins April 4.

Registration for classes continues daily after 2 p.m. in room 14 at the Kensington Hilltop Elementary School, 90 Highland Blvd. For information call 528-3070 or evenings, 527-9873.

Children from other public and private schools are welcome with openings still available for beginning tennis, guitar, art, pottery and Horizon Club on Fridays with guest visitors.

Openings in beginning French for 4-6th graders from 2:30-3 p.m. Monday and Wednesday as well as a camera class at 4 p.m. on Wednesdays are some of the new classes.

A special class called "Project Joy," uniting senior citizens with children is being planned for a five week, two hour class in May. This class is scheduled for Thursdays from 3-5 p.m. with Hilari Hauptman as teacher. She has been doing a similar project at Columbus School and Cornell.

Computer classes continue with special session for parents and children Tuesdays from 5-6 p.m.

Teachers interested in teaching in after school programs for the fall are urged to call afternoons, 528-3070.

Adult School offers 100 spring classes

ALBANY — The 10-week spring quarter of Albany Adult School started Monday. Over 100 courses are offered, with enrollment remaining open in all courses.

A wide assortment of day and evening classes has been scheduled, including business, homemaking, foreign languages, physical conditioning, parent education, fine arts and craft courses.

Adults with specialized interests may enroll in such courses as how to start a small business, assertive communication skills, batik painting, landlording, calligraphy, secretary training, wills and estate planning, furniture refinishing, driver education, stained glass, childbirth preparation, home landscaping, photography, and basic home repairs. New courses this spring will be bicycle repair, beginning flute, psychology, and walking for fitness.

Early registration is suggested. Enrollment is open to all adults, residents and non-residents. Register classes at the Adult School Day Office, 601 San Gabriel Ave., from 9 a.m. to 3 p.m., Monday through Friday or at the first class meeting.

Fees range from \$5 to \$24, but no fees are charged for English as a Second Language, Citizenship or high school diploma courses. Those wishing more information should telephone 526-6811.

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Churches

ALBANY

Berkeley Buddhist Priory

The priory opened recently at 1358 Marin Ave. (near Santa Fe) in Albany. The prior, the Rev. Teigan Stevens, invites the public to attend meditation periods and services Tuesday through Sunday. Beginner's retreats are held the first Sunday of the month from 9 a.m. to 4 p.m. and includes a vegetarian lunch. Classes in basic Buddhism will be held in the upcoming months. A small gift shop and library also are available. For more details, call 528-2139.

The priory is affiliated with Shasta Abbey, a Zen Buddhist seminary and monastery in Mount Shasta, Calif., founded in 1970 by the Rev. Roshi Jiyy Kennett.

First Baptist Church of Albany

On Wednesday, March 23, at 7:30 p.m. the home Bible study will attend the service conducted by Leighton Ford, associate evangelist of the Bill Graham Evangelistic Association, at the First Baptist Church of San Francisco. Those needing a ride will meet at the church at 6:15.

Sunday morning at 9:30 a.m. church school classes will be held. An 11 a.m. worship service will be held, with Pastor Alan Newlove continuing his series on the "Qualities of a Christian." At 4 p.m. our church will be participating in the community passion service at St. Alban's Episcopal Church. The prayer fellowship meets at the church at 7 p.m. Sunday evening.

Monday at 7:30 p.m. the new prayer study group will meet at 922 Neilson St. Young marrieds will meet at 832 Lexington Ave., El Cerrito at 7:30.

The church is located at 1319 Solano Ave., Albany. Phone 526-6632.

St. Alban's Episcopal Church

On March 23 at 11:30 a.m. the Rev. Warren Debenham conducts a service of Holy Communion and the laying on of hands.

Palm Sunday will offer the traditional Blessing of the Palms. The 10 a.m. service will begin with the procession around the church and continue with the dramatic reading of the gospel. Dave Tyler will read the first Bible lesson. The Rev. Russ Moore will be the preacher.

Debenham will celebrate Holy Communion assisted by Moore. Those desiring the laying on of hands as they pray for healing are asked to go to the back of the church after receiving communion. Acolytes are Alex Rogers at 8 a.m. and Dawn Euston and Cindy Groom at 10 a.m. The offertory anthem, "Hosanna! Blessed Is He That Comes—" by Mueller, will be presented by the senior choir, with Ann Lamb as soloist. Ushers are Alex Rogers and Chris Olds.

At 4 p.m. there will be a Palm Sunday service at St. Alban's under the auspices of the Albany-El Cerrito Churches.

On Monday, Tuesday and Wednesday of Holy Week Debenham will celebrate Holy Communion at 7:30 p.m. For those who wish prayers for healing the laying on of hands is offered.

The church is located at 1501 Washington Ave., Albany. Phone 525-1716.

Albany United Methodist Church

The Reverend Virginia Hilton's sermon topic for Palm Sunday, March 27 at 11 a.m. will be "I Love a Parade." There will be a palm procession; the choir will sing. The community potluck will be after the worship service.

Passion Sunday Eve, March 27 at 4 p.m. at St. Alban's Episcopal Church, 1501 Washington St., Albany, we will join with other Christians to hear the message of our Lord's passion and death. Maundy Thursday, March 31 at 7 p.m. a simple meal together in the Fellowship Hall, singing the passion hymns and hearing Jesus' words, then observing

the Supper of the Lord.

Good Friday April 1, 12 to 3 p.m. services in half hour segments at First Baptist Church, 1319 Solano. Easter, April 3 at 6 a.m. Sunrise Service at the cross on Albany Hill. In case of rain, this ecumenical service will be at the First Baptist Church (at 11 a.m. Easter Worship.)

The church is located at 980 Stannage, Albany. Call 526-7346.

Word of Faith Church

Word of Faith Church, located at 1206 Lincoln Ave. in Alameda, has home Bible Study for the Albany-El Cerrito area. Everyone is welcome.

Study group meets Monday nights in Albany. For information call Martha Beckhusen, 526-8512 or Pastor Hal Tomlinson, 523-4754.

Gracehold Baptist Church

The church will hold a revival March 23 through March 27. The speakers will be Rev. Glen Hayden, pastor of First Baptist Church, Cedar Hill, Texas, and David Blair, a student at Holman Bible Institute in Texas. Music will be under the direction of D. Shayne Gilpin, music director of Gracehold.

Meetings will begin at 7 p.m. Wednesday through Saturday, and 11 a.m. on Sunday. Child care will be provided.

In cooperation with Gardenview Counseling Services, the church will be starting a Christian Women's Group, led by a professional counselor.

The material will be based on Dr. James Dobson's tape series entitled, "To Be A Woman." The group will start Thursday, March 31, meeting from 10 a.m. to noon, and continue for 12 weeks.

Each week will deal with a different topic and may be attended independently. Topics will range from dealing with a husband's mid-life crisis to understanding good health and nutrition.

The suggested donation is \$3 per session or for the complete series. For further information, phone the church at 524-6616, or call Gardenview Counseling Services in Hayward at 889-8017.

The church is located at 1221 Marin Ave., Albany. Staff includes Rev. Glen Campman, pastor; Rev. Lupe Torrez, associate pastor; and D. Shayne Gilpin, minister of music.

EL CERRITO

Bay Area Seventh Day Baptist Church

The church and its pastor, the Rev. Stephan Saunders, invite the public to attend services every Saturday in the chapel of the United Methodist church at 6830 Stockton Ave., El Cerrito. Service begins at 10:30 a.m. Sabbath school follows at 11:45.

A potluck lunch is held each week to allow time for fellowship and discussion. All are invited to join the luncheon.

Bible studies are held in several communities weekly. For more information, call 527-2055 or 757-6426.

El Cerrito United Methodist Church

Pastor Philip Lawson will present the Lenten service Wednesday, March 23, at 7 p.m. Music will be an organ-piano duet, "Meditation at the Cross" by Rebecca Zuerna and Mary Jenner.

The church is located at 6830 Stockton Ave., El Cerrito. Phone 525-3500.

Grace Lutheran Church

Wednesday, March 23, at 7:30 p.m. the final Lenten messages by Pastor Ralph Moellering will be "When Fun is Dangerous" (Herod speaking.)

Palm Sunday, March 27 at 9:30 a.m. the topic of his message will be "The Cross - A Sign of Life and Victory" from Luke 23:1-49. Bible class and Sunday school will meet at 10:30 a.m.

Holy communion is administered the second and fourth Sunday of each month.

Wednesday, March 23, at 2:30 and 6:30 p.m., respectively, the children's craft and confirmation classes will meet in the Parish Hall.

Wednesday, March 23 at 6:30 p.m. the Friendship Club Potluck dinner will be held in the Parish Hall.

The church is located at Santa Fe and Ward in El Cerrito and is easily accessible; phone 525-9004 mornings, or 525-1078 afternoons.

Northminster Presbyterian Church

The church is located at 545 Ashbury Ave., El Cerrito.

St. Patrick's Episcopal Church

The church is located at Potrero and Everett in El Cerrito. Call 237-0216.

KENSINGTON

Arlington Community Church

Multiple services will be held at Arlington Community Church during Holy Week.

Associate minister Dr. Wayne Rood will preach at the Palm Sunday observance at 10 a.m. in Arlington Community Church. The congregation will assemble in the social hall for the opening of the service, then follow the Sanctuary choir and the children's choir into the Sanctuary.

Louise Rowland will direct the children's choir in singing "Hosanna" by Mozart. Marguerite Rule will direct the sanctuary choir in a special program accompanied by Oscar Burdick, organist.

On Maundy Thursday, March 31, Mira Vista and Arlington Community Churches will hold a joint Tenebrae service, conducted by Rev. Nancy McKay and Linda McFadden at 7:30 p.m. at Mira Vista. Open communion will be offered. The combined choirs of the two churches will participate under the direction of Carol Steedman and Marguerite Rule.

Rev. Ken Barnes will conduct Good Friday services April 1, from 4 to 6:30 p.m. in the Arlington Community Church Chapel. At the same time, 4 to 5 p.m., there will be a Passover service for youths in room 4 on Rincon Road.

A sunrise service on Easter morning will be convened at 6 a.m. in the Kensington Hilltop School parking lot at 6 a.m. and proceed to the east ridge. Wednesday evening worship will be led by Linda McFadden, beginning at 7 p.m. following a potluck supper.

First Unitarian Church

The church is located at 1 Lawson Road, Kensington.

THOUSAND OAKS

Epworth United Methodist Church

The church will hold its special Palm Sunday worship on March 27, at 10 a.m. The choir and congregation, led by children of the church, will make a parade up the church aisle with palm branches. Each person will be given a palm leaf.

Pastor David F. Slope will preach on the topic: "The People Stood There Watching." Dr. Max Brown will assist with the service and Ani Tayanar will be the Lay Reader.

"Jerusalem Faire" on Palm Sunday, March 27 after worship will offer the chance to experience Jerusalem as it was in Jesus' time. It includes food from the Middle East, colorful costumes and Israeli folk dances.

Good Friday service is set for Friday, April 1, p.m. The choir will lead the worship through Theodore Dubois' "The Seven Last Words of Christ." Child care will be provided.

Devotees will gather at the Berkeley Rose Garden at 8 a.m. for a sunrise service, followed at the church by made rolls and coffee.

At 10 a.m. we will gather to praise God for the promise of eternal life. Pastor David Slope will present the "Gift of a Second Change." The choir will sing Handel's Hallelujah Chorus.

Epworth offers many interest and support every week. Call 524-2921. The church is located at Hopkins Street, Berkeley, just east of the North Berkeley Library.

Northbrae Community Church

Church school classes begin at 11:20 for children three through junior high.

During March, the Ted Cleveland Gallery on the second floor of Haver Hall will feature an exhibit of paintings by Suzanne Kline of Albany. The exhibit is to the public on Sunday mornings.

The community dinner on Wednesday, March 23, feature St. John's Bell Ringers in a musical program. Doors open at 6; dinner begins at 6:30. Cost is \$2 adults, \$1.50 for children. Call 526-3805 for reservations.

Northbrae is located at 941 the Alameda, in the sand Oaks district of north Berkeley. Services are in the Chapel directly behind Haver Hall. Everyone is welcome.

Thousand Oaks Baptist Church

On Palm Sunday, March 27, Cedric Broughton, student minister, will bring the message, "Fair Weather" at the 10:30 a.m. worship service. The scripture will be taken from Psalms 72:1-15 and the New Testament reading from March 11:1-10. The choir will sing "Glory, Laud, and Honor" under the direction of Burdick, organist-choir director.

The Rev. David Chen, minister with Chinese background, will bring the message in Mandarin to the Chinese congregation at the 10:30 a.m. service.

Adult classes for English-speaking and Mandarin speaking adults are held at 9:30 a.m. on Sunday mornings at Pastors Paden and Chen. Children's Sunday school classes are held at 10:30 during the worship service hour. Children's classes are conducted in English.

On March 27, at 4 p.m., there will be a Pastoral Conference at St. Alban's Episcopal Church, 1501 Washington St., Albany. Pastor Eugene Paden will speak.

There will not be a potluck supper or Bible study Wednesday evening, March 30. On Thursday, March 31, there will be a Maundy Thursday Supper at Thousand Oaks Baptist Church at 6:30 p.m. The members of the Baptist Church, Albany will join in this service.

The church is located at the corner of Colma north of Solano Avenue.

North Congregational Church

Palm Sunday ushers in the sacred Holy Week Christendom, and around the world Christian churches celebrate this bittersweet day by passing out small made of palm leaves. At the regular 11 a.m. morning worship service the Rev. Bob Graham will speak on "The Lion Is Expensive," based on Luke 19:28f. Assisting in the service will be seminary intern Debra Smith and layman Larry Chrispyn who will lead in the scripture readings and prayers of the morning.

The sanctuary choir will be augmented by a quartet of singers from the Pacific School of Religion and will sing two anthems appropriate to the day. Also assisting in the service will be Robert Hunting and Marion Smith who will be the deacons of the day, and they will be assisted by Willard Jensen. Newcomers are invited to attend.

The adult Bible study seminar meets each Sunday morning in the Babcock Room of the church and will include its winter quarter study with the "Centrality of Resurrection."

The church is located at the corner of Cedar and Nut streets in north Berkeley. For more information, call 848-1201 or 527-3134 (evenings).

St. Mary Magdalen's Dominican Parish

The church will continue its Lenten discussion series with evening sessions on Thursday, March 24, and Friday, March 25.

Brother Richard Kingsley, OP, will facilitate the Catholic Television Network's three-part presentation "John's Gospel," with Father Raymond Brown, OP, well-known scripture scholar and author.

Programs include a general introduction of John's Gospel; commentary on the Samaritan woman and Lazarus and on the man born blind.

Sessions will be held from 7:30 to 9 p.m. in the Parish Hall. The public is invited. Participants need not attend all three presentations.

The church is located at 2005 Berryman, Berkeley. Phone 526-4811.

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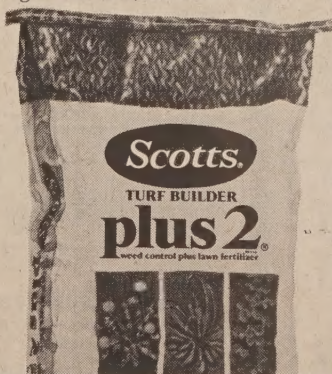
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Summer in Costa Rica

Many young people never get a chance to travel outside the United States. But this summer many can.

Lawrence Berger, chairman of the international programs, said the Berkeley/Albany YMCA will sponsor a two-week trip to Costa Rica for high school students beginning July 18, through August 1 through its International Cooperation Summer Project.

Young people ages 14-18 can call the Berkeley YMCA, 843-4280 for more information.

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Pot luck with Olga Bier

Stirrings of spring



I saw one today. The first bright orange poppy of the season. In spite of the horrendous rains, the fields of yellow mustard suddenly appeared in a brief burst of sunshine and there, tucked amid the bright yellow blooms, was an unmistakable dot of orange, waving gently.

I was driving too fast for a double take, but I thought about it during the day, and, sure enough, at a more leisurely pace I found it again on my way home. Spring is not far behind.

The thought of new growing things always brings me the anticipation of the fresh vegetables of the season — tender, green stalks of asparagus; fat, squeaky gloves of artichokes; and crackling red and white radishes. All fresh, tasty, clean flavors.

What Americans are eating

Last week I promised the recipe for the accompanying salad to the broiled steak toss as a low-calorie menu alternative to the tired beef patty/cottage cheese and tomato omelette. Here it is (with my own variations), and with a fresh tasting dressing too.

Mandarin-olive salad

1 or 2 cups torn lettuce (mix up the varieties)
1/4 c. oranges (use mandarins if you must, but I like fresh slices)
1 T. sliced black olives
1 T. low-cal Italian dressing (see below)
Combine and toss to mix. Makes 1 serving.

Coming up

Physical conditioning with weights offered

ALBANY — Physical conditioning with weights, a class for men and women, is being offered again this spring by the Albany Adult School starting Tuesday, March 22, at 7 p.m.

Beginners of all ages are welcome, as well as more experienced students. "Students work at their own pace in a relaxed, sociable atmosphere," instructor Marty Halpern said. "People who follow a sensible program start to feel new strength and body tone within a few weeks."

The class meets Tuesdays and Thursdays from 7 to 8 p.m. at Albany High School, 603 Key Route Blvd. Cost: \$24 for 10 weeks. To register or obtain more information, call 526-6811 or 525-7311 after 6:30 p.m.

Films scheduled at science hall

The Lawrence Hall of Science film series includes several holiday feature films, to be shown at 11 a.m. and 2:30 p.m.

On March 28 and 29, Bambi will be shown. On March 30 and 31 the film is Pocahontas and on April 1, it will be Mary Poppins.

For more information, call 642-5132. Admission is adults, \$2.50; students and senior citizens, \$1.50; young people, 7-18, \$1; children 6 and under, LHS members, 50¢.

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Prime chicken	8.25
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Low-cal salad dressing

1/4 c. tarragon (or other herb) vinegar
1 c. corn oil
3 oz. water
1 egg yolk
Juice of 1/2 lemon
2 t. prepared mustard
Salt and pepper to taste
Whip all ingredients with a wire whisk and chill.

Serve this salad with the Lite Beef Broil and a bran muffin and you'll be in good shape as far as nutrients are concerned.

Don't forget the Big Four

Again, a reminder on the good old Basic Four Good Groups. Are you keeping an informal tally of your food for the day and trying to achieve the 2-2-4-4 plan? (Two meat/protein, two milk/dairy, four fruit/vegetable, four bread/cereal.)

Remember, you do not have to limit yourself to this; you only must use this as a minimum. Eat all the additional junk (or good food) you can handle, but do not substitute these basics. And let your conscience (and your doctor) be your guide!

At a recent nutrition symposium, we were served a delightful luncheon salad that beautifully fits into spring and the Basic Four. Here's my version of this south-of-the-border goodie for all year round, not just springtime.

Basic 4 salad, Arizona style

(For 2)

1/2 lb. lean ground beef
1/2 onion, minced
1 small clove garlic, minced
Sprinkling of oregano, paprika, cumin and rosemary
Taco sauce or tomato sauce to moisten

In a skillet, brown meat until crumbly. Add onion and garlic and saute until onion is translucent. Add herbs and sauce. Salt if you must, but sometime try it with just the herbs and maybe a dash of Worcestershire. Drain well of any grease.

Prepare a plate with a bed of tortilla chips, reserving some for garnish around the edge.

Pile some finely shredded lettuce in the center. Spoon a mound of the beef on it. Top with chopped tomatoes and a handful of shredded cheddar cheese and you have assembled a fine example of the Basic Four.

Now, if you want to gild the lily you could add any or all of the following to enhance the looks or flavor. As you would imagine, I want them all, but then, you know I have no control over my intake of delicious foods!

Garnish with one or all: sour cream, sliced avocados (or guacamole), sliced black olives, chopped red or green onions, chopped chiles, sprigs of cilantro.

Next week, let's consider some of the good vegetables of spring as they become more plentiful in our markets.

Olga Bier is a teacher, author and home economist. Anyone with questions or suggestions for the column may reach her in care of the Times Journal, 1247 Solano Ave., Albany 94706.

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Shaughnessy honored by AHS

ALBANY — Casey Shaughnessy, the student recognition project's choice for the month of February, is primary photographer for the school newspaper.

She has been working at her craft for three years; among her various credits is a slide presentation now used by El Cerrito Community Center and photographs in both the Times Journal and the Community News.

Shaughnessy is a member of the California Scholarship Federation since her freshman year and she has participated in Hostess Club, Big Sisters and Senior Girls Honorary. She was also elected homecoming queen for 1982-83.

She believes that the school's small size encourages involvement in many activities. But, she says, the school is not clique-ish and an individual can still maintain independence.

Shaughnessy's other activities have been more sports-related. She has been a record keeper of scores and statistics at various games, and she has been a student trainer. Her favorite sport is football because it's "very exciting and you can see the strategy."

Shaughnessy has participated in the El Cerrito Community Center's day camp programs since she was 12. Over the years, she has been a volunteer, a leader-in-training and is looking forward to being a leader next summer. Since she has four younger siblings, she feels familiar with the 6-10 age group.

She also taught a combination cooking-nutrition-kitchen safety class at the center last year.

Shaughnessy credits her



Casey Shaughnessy

Photo by Anne Phillips

family with providing her with a lot of support. "Even though there are five of us, they've always

treated us as individuals and encouraged us to do what we want."

After graduating, Shaughnessy hopes to go to UC-Berkeley and major in either sports psychology or sports medicine.

Meditation class slated

ALBANY — Music and Meditation: Paths to the Inner Self, is the title of a class by Carol Sky.

It will be given four Monday evenings beginning April 4, from 7:30 - 9:30 p.m. It will include a live performance of Tibetan Bells.

For information call 527-2788.

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Wedding plans set for Angelina Wong

EL CERRITO—The engagement of Angelina Wai-Fong Wong and Louis Matthew Kwong was formally announced at a banquet reception given by the bride-elect's parents at the Miriwa Restaurant in Los Angeles.

Dance the day away

ALBANY—The Albany YMCA offers aerobic exercise to music on Monday, Wednesday and Friday, 9:30 a.m.-10:30 a.m. The dance class consists of dancing, exercise and muscle toning, and child care is available for a minimal fee.

Wong is from El Cerrito, and her fiancé from Los Angeles. April 8, 1984, is the date for the wedding ceremony which will take place in Los Angeles. Immediately following will be a reception at Fung Lum Restaurant in that city, and a second reception is being planned a few days later in the Bay Area.

Wong graduated from Kennedy High School and UC-Berkeley with honors. She resides in Los Angeles where she is a third year law student at Loyola Law School. She is a member of the Loyola Law Review, a charter member of the Southern California Asian American Law Students Association, and serves as Loyola's representative to the Southern California Chinese Lawyers Association.

Kwong is a third year medical student at UCLA School of Medicine where

he has served as president of the Class of 1984 for the past two years. He is a member of Phi Delta Epsilon Medical fraternity and of the Board of Governors of the John Wooden Center at UCLA. He was recently selected as the statewide student representative to the California Medical Association's Committee on Quality of Patient Care.

He attended Daniel Murphy High School in the Southland city where he was chosen class valedictorian. He graduated summa cum laude from UCLA and was elected to Phi Beta Kappa and Phi Eta Sigma Honor Society. He was chosen by the UCLA Alumni Association as one of three outstanding seniors graduating from UCLA in 1980. This award is for outstanding academic achievement and service to the community and the university.



Louis M. Kwong and Angelina Wong

Coming up

Albany Pool plans spring swim session

ALBANY—Albany pool's spring session will begin on Monday, March 21 at 1311 Portland Avenue, 7386.

Adult advanced beginner and intermediate classes will be held Monday and Wednesday mornings 8:30-9:30; Monday and Wednesday evenings 6:30-7:30; and Tuesday and Thursday mornings 8:30-9:30. Beginner classes will be offered Monday and Wednesday evenings 7:30-8:30.

The physical conditioning for lap swimming meets Tuesday and Thursday 6:30-7:30. Parents and children will meet Monday and Wednesday afternoons from 3:30-4:30. This class is for parents and children between the ages of 8 months and 4 years. Children's lessons will be held Monday, Tuesday, Wednesday, or Thursday afternoons 4:40-5:30 p.m.

Recreational swim hours are Tuesday, Thursday, Friday from 7:30-9:20 p.m. and Saturday from 10:30-11:30 p.m. Thursday night is family night and everyone under 18 will be accompanied by an adult. Price is \$1.25 for adults and 75 cents for children.

Lap swimming is offered Monday through Thursday 6:30-8 a.m. and 11:30-1 p.m., Tuesday and Thursday 6:30-8 a.m., Monday through Thursday 5:30-6:30 p.m., 6:30-7:30 p.m., Monday and Wednesday 8:30-9:30 a.m. and Saturday 1-3 p.m. The cost is \$1.50 or \$1.25 for seniors and 75 cents for children.

Flea market scheduled by school

ALBANY—The Albany Middle School PTA is scheduled for 16, from 9:30 a.m. to 1 p.m. in the middle school cafeteria.

Attractions will include food booths, game booths, plant sale, used clothing, appliances, housewares, raffle, and an auction of new items donated by merchants.

Please bring all the items you wish to sell to the Albany Middle School on April 15, between 8 a.m. and 8 p.m. For further information, call Sharon 525-3585, or Phyllis 526-1016.

Elders talk about money

A town meeting on security will be held Monday, March 26 at 9:30 a.m. at the Madison Temple, 1433 Madison Avenue, Oakland (near the Public Library).

The speaker will be Dr. J. Cohen, former secretary of the U.S. Department of Health, Education and Welfare.

The meeting is sponsored by Contra Costa County California Senior Citizens Council, III, Alameda County Advisory Commission on Aging, California Educational Foundation, Catholic Charities of Contra Costa County, among others.

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CASE NUMBER: 83-0001
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To all heirs, beneficiaries, creditors, contingent creditors, persons who may be interested in the estate of ELEANOR N. CADOGAN, OR NAYONE CADOGAN, ELEANOR N. CADOGAN, who have been filed by MICHAEL F. CADOGAN in the Superior Court of the County of Contra Costa, California, under Case No. 83-0001, to administer the estate of ELEANOR N. CADOGAN, the petitioner respectfully requests that all persons interested in the estate of ELEANOR N. CADOGAN, or NAYONE CADOGAN, file a claim with the court before the date of the final hearing on the petition to administer the estate of ELEANOR N. CADOGAN, or NAYONE CADOGAN, at which time the petitioner will appear to administer the estate of ELEANOR N. CADOGAN, or NAYONE CADOGAN, as directed by the court.

A hearing on the petition to administer the estate of ELEANOR N. CADOGAN, or NAYONE CADOGAN, will be held on April 12, 1983, at 10:00 a.m. in Courtroom 100, 3711 17th Street, Martinez, CA 94553.

If you object to the petition, you must file a written objection with the court before the date of the hearing. Your appearance may be by or by your attorney.

If you are a creditor or contingent creditor of the estate of ELEANOR N. CADOGAN, or NAYONE CADOGAN, you must file your claim with the court before the date of the hearing. The petitioner will not be responsible for the payment of claims not filed with the court before the date of the hearing.

You may examine the petition and the court's order by the court. If you are interested in the estate of ELEANOR N. CADOGAN, or NAYONE CADOGAN, you may file a request with the court for a copy of the petition and the court's order. The petitioner will not be responsible for the payment of claims not filed with the court before the date of the hearing.

Attorney for Petitioner:
CECIL N. LAYERS
1057 Solano Avenue
Albany, CA 94706
Filed March 18, 1983
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Plus \$1.39 F.E.T. & EXCHANGE

P155/80R13	42.99	P215/75R14	69.99
P165/80R13	45.99	P225/75R14	62.99
P175/80R13	48.99	P235/75R15	68.99
P185/80R13	51.99	P245/75R15	62.99
P195/75R14	53.99	P255/75R15	65.99
P205/75R14	56.99	P265/75R15	68.99

Plus F.E.T. from \$1.52 to \$2.93 and EXCH.

THE IMPORTED "ESPRESSO"
30,000 Mile WEAROUT WARRANTY
2299 EA.
Plus \$1.35 F.E.T. and Exchange

155SR13	28.99	175SR14	38.99
165SR13	30.99	185SR14	39.99
175SR13	33.99	195SR15	39.99

Plus F.E.T. from \$1.44 to \$2.33 and Exchange

R.V. TIRE SPECIALS!

WILD COUNTRY AGGRESSIVE	A/T	7.9-14(4 PR)	62.99
WILD COUNTRY ON/OFF ROAD	X/T	12-15(6 PR)	84.99
CAMPER HWY.	800-16.5(8 PR)	10-15(4 PR)	71.99
WYLOM BLACKWALLS	800-16.5(8 PR)	12-15(6 PR)	84.99
4 WHEEL RV BLACKWALLS	800-16.5(8 PR)	10-15(4 PR)	71.99
	800-16.5(8 PR)	12-15(6 PR)	84.99
	800-16.5(8 PR)	14-16(5-15/8 PR)	84.99
	800-16.5(8 PR)	14-16(5-15/8 PR)	84.99

Plus F.E.T. from \$2.55 to \$6.84 and EXCHANGE

FREE INSTALLATION!
GC-4000 BATTERY
6 or 12 VOLT
2995 EACH W/EXCH
40 MONTH WARRANTY
BATTERIES \$3.00 ADDITIONAL

GP-5000 BATTERY
12 VOLT
4295 EACH W/EXCH
50 MONTH WARRANTY

FREE TIRE MOUNTING & INSTALLATION ON ALL CUSTOM WHEELS!
ESPREE WIRE WHEELS
13 x 5.5 on 100 mm
4695 EA.
14x8 Pos Super... **52.95**

CALIFORNIA DOUBLE WIRE WHEELS
13 x 5.5... **44.95** EA.
14x5(4 on 4.5)... **47.95**
14 x 6 Superlug... **49.95**
15 x 6 Superlug... **52.95**

FREE INSTALLATION ON ALL BATTERIES!

***LIMITED BATTERY WARRANTY:** For the period specified, upon return of the battery, Grand Auto will, at our option, repair it, replace it, or give a refund, prorated on a monthly basis for the service received; if failure was not due to damage, misuse, or negligence.

RED HOT! GRAND CHAMPION MOTOR OIL
SAE 30 Wt. Detergent Oil
LIMIT 12
69c QT.
SAVE OVER 24%

RED HOT! MOTORCRAFT SPARK PLUGS
Self-cleaning power tip for maximum performance. Sizes for many U.S. and import cars in stock.
REGULAR TYPE
LIMIT 16
85c EA.
SAVE OVER 20%

BRAKE FLUID
For disc or drum brakes. Surpasses SAE & Federal requirements.
12 OZ.
77c EA.
SAVE OVER 30%

IGNITION WIRE SETS
UNIVERSAL TYPE #32040
4 CYL. **377** SET
8 CYL. **5.77**
Easy 2 pc. installation. Rugged wires with gun pouch. Built to take it!

ROUGH RIDER TRUCK SEAT COVERS
BLACK OR BROWN
2487 EA.
SAVE OVER 32%

Windshield WASHER
Keeps windshields clean and clear for safe visibility.
97c GAL.
SAVE OVER 61%

IMPERIAL TRANSMISSION COOLER
Stops overheating, extends transmission life, protects warranty. Easy to install.
INSTalls IN MINUTES
10,500 LB. **1788** EA.
13,500 LB. **24.88** 17,500 LB. **31.88**
SAVE \$12.00

Westinghouse SEAL BEAM HEADLAMPS
#8014
187 EA.
SAVE OVER 42%

KRACO
AM/FM STEREO RADIO with Auto Reverse Cassette Tape Player
Fits import, compact, X-body and Citation Cars.
#821-89
11987 EA.

GRAND PRIX FAN BELTS
Reinforced rubber construction! Sizes for many U.S. and import cars in stock.
188 EA.
SAVE OVER 50%

15 MINUTE SAFETY FLARES
With friction cap lighter. Burns a brilliant red.
LIMIT 4
44c EA.
SAVE OVER 36%

REAR WINDOW BRAKE LIGHTS
Increase rear visibility when braking! Vacuum suction cups mount brakelights on rear window! Quick-connect electrical fittings.
#980
987 EA.
SAVE OVER 25%

RADIAL TIRE SHOCKS
Specially designed to meet the needs of radial tires. Sizes to fit many U.S. cars.
INSTALLATION AVAILABLE
#988
988 EA.
SAVE \$4.00

AIR HORNS DUAL
Extra-loud, black trumpet. 12 Volt only. Includes hardware and instructions.
#4800
1588 EA.
SAVE OVER 41%

SERVICE SPECIALS!
A charge will be made for diagnostic inspection. This is required before complete estimate can be given. This charge will be credited against the total if all work required is authorized before system reassembly. All Service Prices Subject to Parts Stock on Hand.

Keep Your Wheels Going Straight!
FRONT END ALIGNMENT
Inspect front system
Set caster, camber & toe-in
1399 EA.
#1000

INSTALLED MacPherson STRUTS
2 CARTRIDGES INSTALLED
FOR IMPORT CARS
7995 EA.

CHASSIS LUBE
MANY U.S. CARS
99c EA.
Cuts oil & grease from chassis parts

COMPLETE REBUILT PASSENGER CAR
ENGINES
WITH COMPLETELY REMANUFACTURED HEADS

CHEK THESE QUALITY FEATURES
Complete Reconditioned Heads
New Hydraulic Lifters
New Pistons & Rings
New Freeze Plugs
Magna Fluted Block
New Timing Gear & Chain
New Crank Gear
New Bearings
Dyna-stand Tested to Insure Correct Oil Pressure & Compression

A COMPLETE ENGINE NOT A SHORT BLOCK!
•Block Rebuilt & Power Honed •New Main & Cam Bearings •New Gaskets & Seals •Reground Cam & Crankshaft •Reconditioned or New Rocker Arms & Push Rods •New Installation Gasket Set

DON'T WAIT! CHECK OUR EASY PURCHASE PLAN!

CHEV.	6 CYL. 194 cu.	1962-70
CHEV.	6 CYL. 230 cu.	1963-70
CHEV.	6 CYL. 250 cu.	1966-75
CHEV. PROD.	6 CYL. 170 cu.	1960-69
CHRYSL. PROD.	6 CYL. 225 cu.	1961-76
FORD	6 CYL. 244 cu.	1962-66
FORD	6 CYL. 200 cu.	1963-76
FORD	6 CYL. 250 cu.	1969-78

\$589.

CHEV.	8 CYL. 283 cu.	1957-67
CHEV.	8 CYL. 307 cu.	1969-73
CHEV.	8 CYL. 357 cu.	1962-69
FORD	8 CYL. 289 cu.	1963-68
FORD	8 CYL. 302 cu.	1968-78

\$697.

100 OFF
ALL OTHER ENGINES IN STOCK EXCEPT THOSE MENTIONED ABOVE WITH REBUILDABLE EXCHANGE *Excludes Wash, Interstate Mailhead

CHARGE IT! PAY AS LITTLE AS \$31.66* PER MO. ON ANY 6 CYL. ENGINE LISTED AT LEFT!
*Based on balance including tax at 6.5% of \$627.28, with no down payment, 24 monthly payments, annual % rate of 19.2 %, deferred payment price \$760.12.

EL CERRITO
9989 San Pablo Ave.
524-0267

SAN PABLO
2750 Rumrill Rd.
234-1280

RICHMOND
243 23rd St.
234-6364

BERKELEY
1950 Grove St.
848-4568

MON.-FRI. 9:00 a.m.-9:00 p.m.
SATURDAY 9:00 a.m.-8:00 p.m.
SUNDAY 9:30 a.m.-6:00 p.m.

NEW! 12 MONTH LIMITED WARRANTY ON REBUILT: CARBURETORS • DISTRIBUTORS • GENERATORS • ALTERNATORS • STARTERS • STARTER DRIVES POWER STEERING PUMPS • MASTER CYLINDERS... ASK STORE FOR DETAILS!

Police beat

ALBANY

Albany police had little report during the week ending March 20. Incidents included the following:

March 18
• A 17-year-old Albany student's auto repair object was sabotaged by a thief. The culprit stole the tires, rims and hubs of a car had been working on in an outside work area of Albany High School to shop, a \$150 loss.

March 19
• It was a good day for at a couple of pickpocket at Golden Gate Fields, and a correspondingly bad day for their victims. A San Francisco man reported the loss of \$420 from his pants pocket, and a Danville man reported the disappearance of \$240 and a \$350 money

Larry Fisher, 22, and Andrew Shiber, 18, both of Albany, were arrested on charges of shoplifting at Albany Second after a citizen saw them climbing a fence there.

Albany police recorded 18 adult arrests during the week.

Class of '73 gets reunion

ALBANY — Plans have been made for a 10-year reunion of the Albany High School Class of 1973.

Any 1973 graduates desiring to serve on the committee should call Suzanne Lock at 237-9589 or Cordero at 548-8648. Additional help is being sought from the local community in locating the missing 1973 graduates:

John Brandts, James Per, Larry Davis, Dan Dris, Carl Fon-

Robert Gallagher, James Gilreath, James Ten, James Hatten, Tim Trason, Stuart Hoff, Steven Jarshaw, Ken Smith, Jack Koerner, a Mallonee, Robert and Kamal Mutialu, Milton Nenneman, Ed Nicholls, Erickson, Richard Rasjpic, Randolph, David, Glen Sasaki, Derek, Richard Strobel, Theopolis, Paul Simpson, Alexander, John Wiegell, Williams, Jim Yozo, Karen Babcock, Barajas, Shantana, Maureen Cola, Lam, Joanna Macghey, Carolyn, Joan Nelson, Oliver, Jean Romary Selva, DeSmith and LaVonne

Health class set

The Bay Area Hypertension Council and Kaiser Hospital will co-sponsor a pressure measurement program on Saturday, April 30, from 9:30 to 4:30 p.m. at Kaiser Hospital, 12th floor conference room, 280 W. Market Blvd. in Oakland. A registration fee is due. Due to limited space, must register in advance.

Bring a check or money with your name and a number to: Bay Hypertension Council, 47 E. 14th St., Room 404, Oakland, CA 94601. The Council office at 12th St.

Fingerprint children on Saturday

CERRITO — For convenience of working parents who are unable to bring their children to the police station for scheduled fingerprint sessions Thursday through Saturday, the El Cerrito Police Department is sponsoring an extra Saturday session, March 26, from 10 a.m. to 3 p.m. Fingerprinting provided as a volunteer by the police, is to aid in investigating missing child cases. If not police, keep fingerprint cards.

fish in the classified

EL CERRITO

El Cerrito police reported the following incidents during the week ending March 20:

March 14
• A man with a handgun held up an attendant at the Beacon Gas station on Potrero Avenue and escaped with \$235.

• A thief pried his way into Computerland on San Pablo Avenue during the night and took \$2,700 worth of equipment.

• A burglar entered a house in the 6500 block of

Cutting by heaving a rock through a living room window and left with some \$1,000 worth of stereo and camera equipment.

• A thief broke a window in a home in the 500 block of Kearney, ransacked the whole house and took about \$500 in silver coins.

March 17
• Midnight burglars smashed a glass door and jewelry cases at Capwell's in El Cerrito Plaza and ran with an estimated \$20-30,000 worth of jewelry.

• A burglar got into a home in the 7500 block of Rockway by breaking a garage window, ransacked a bureau and took \$300 in jewelry.

March 19
• Someone broke into Yardage Fair at Eureka and San Pablo Avenue during the night by throwing a water meter cover through a plate glass door and left with an unknown amount of fabric.

• El Cerrito police recorded 17 adult arrests during the week.



All aboard

Albany resident John Kartychak has recently been appointed as information services officer in Division II, U.S. Coast Guard Auxiliary. He also holds the office of education officer in his flotilla.

SAFEWAY SPECIALS

Foster Farms
Whole Fryers
Fresh, California Grown

59¢
lb.

Fresh Lamb Shoulder
Roast, Sliced & Tied, USDA Choice

\$1.99
lb.

Smok-A-Roma
Sliced Bacon
(Dubuque Mississippi Sliced Bacon, 1-lb., \$1.49)

\$1.39
1-lb.

7-Bone Chuck Roast
Safeway Quality Beef

\$1.28
lb.

Pork Back Ribs
Frozen Fresh Thawed

\$1.99
lb.

Turkey Wings
3 Joints, Frozen Fresh Thawed (Sold in 5 lbs. or More)

29¢
lb.

U.S. #1 Russet Potatoes
Good Basic Food that is Low in Calories and Nutritious too

67¢
10-lb.

Rhubarb Apples
First of the Season, Field Grown
Red Delicious, Washington Extra Fancy

79¢
lb.

Head Lettuce
Fresh, Crisp Iceberg Variety, from California

3 for \$1

Fresh Strawberries
Red, Ripe, from California, Delicious Topped with Lucerne Whipped Cream

79¢
12-oz. Basket

Carrots Green Onions
Fresh, Clip Top
Tender Shoots

4 for \$1
5 for \$1

Fresh Celery
Crisp Crunchy Stalks

39¢
ea.

Turkey Breasts
Fillets, Frozen Fresh Thawed

\$1.99
lb.

Foster Farms
Family Pack Fryer Drumsticks or Whole Legs, California Grown

99¢
lb.

Foster Farms
Fresh Family Pack Thighs, California Grown (Wings, lb., 69¢)

\$1.19
lb.

Blade Chuck Steak
Safeway Quality Beef

\$1.39
lb.

Ground Chuck
Made Exclusively from Beef Chuck, Does Not Exceed 25% Fat

\$1.89
lb.

Cross Rib Roast
Boneless, Safeway Quality Beef

\$2.39
lb.

Beef Rib Steak
Small End, Safeway Quality Beef

\$2.99
lb.

Round Tip Roast
Boneless, Safeway Quality Beef

\$2.59
lb.

Sunkist Citrus Sale!

Ruby Grapefruit
Fresh Eye Opening Breakfast Treat
Fresh Lemons
The Salt Free Seasoner, Large Size
Valencia Oranges
The Squeezing Orange, Full of Vitamin C
Kinnow Mandarins
Thin Skin, Rich, Sweet Flavor

5 lb. Bag **99¢**
2 for **2.29**
4 lb. Bag **99¢**
lb. **39¢**

Cudahy Canned Ham

Super Special Price, Buy for Easter Now
\$8.97
5-lb. **8**

Wesson Oil

48 oz. **\$1.99**
SAVE 76¢

Ivory Soap

Personal Size, 4-3.5 oz. Bars, 15¢ OFF LABEL
69¢

Chocolate Milk
Lucerne, Lowfat, Gallon

\$1.99

Green Beans
Bel-air, Frozen, 9 ounces

2 for 89¢

Home Style Butterscotch
Mrs. Wright's Bread, 1 1/2-lb. loaf

69¢

Chili Con Carne
with Beans, Town House, 15 oz.

59¢

Chicken Noodle
Soup, Town House, 10.5 oz.

4 for \$1

7-Up
Regular or Diet, 2 liters

\$1.29

Eskimo Pie
Frozen, 6 count

\$1.29

All Detergent
\$1.00 OFF LABEL, 20 Pounds

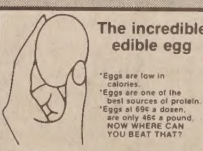
\$8.99

All Purpose Flour
Mrs. Wright's, 5 Pounds

79¢

Yogurt Raisins
Bulk

\$2.97



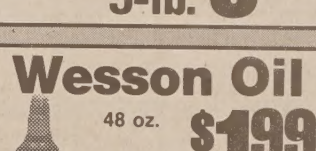
Large AA Eggs
Lucerne, Dozen

69¢



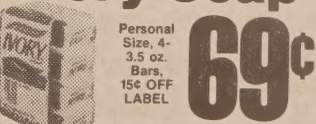
Krispy Crackers
Regular or Unsalted, 16 ounces

59¢



Wesson Oil
48 oz.

\$1.99



Ivory Soap
Personal Size, 4-3.5 oz. Bars, 15¢ OFF LABEL

69¢



Celeste Pizza
Frozen, 7.25 ounces to 10 ounces

99¢



Cragmont Soft Drinks
Regular or Diet, 6-12 oz. Cans

88¢

Weibel
Green Hungarian or White Zinfandel
.75 liter

2 for \$6
(Buy a Case and Save an additional 10%, \$32.40 Per Case)

Aurora Bath Tissue
4 Roll

89¢

Heinz Ketchup
44 ounces

\$1.69

Natural Ice Cream
Lucerne 1/2 Gallon

\$2.29

Kleenex Huggies
Newborn or Toddler, 12 ct., Overnight, 14 ct., or Daytime, 18 ct. (Case Price, \$34.68)

\$2.89

Taylor California Cellars
Table Wines, Chianti, Merlot, Pinot, Cabernet, Pinot Noir or Burgundy, 1.5 liter

2 for \$6
Popov Vodka
80 Proof, 1.75 liter

\$6.98
Pabst Blue Ribbon Beer
12 Pack, 12 oz. Cans

2 for \$7
10% Case Discount on Wines & Liquors, selected advertised specials excluded. No sales in excess of 20 gallons. No sales for resale. At licensed Safeway Stores only.

Apricot Pie
Gourmet, Large 8 inch Deep Dish Delicious Pie (You Save 80¢ each)

\$2.39
Cherry Strudel
A Delicious Snack or After Dinner Item (You Save 80¢ each)

\$1.59
Hot Cross Buns
A Lenten Special (You Save 40¢ a Pkg.) Pkg. of 6

\$1.19
Apple Dumplings
Delicious with Ice Cream (You Save 16¢ each)

39¢
Available at In-Store Bake Shops only.

Items and prices in this ad are available March 23, 1983, thru March 29, 1983, at all Safeway Stores in the following counties: Solano, Napa, Sonoma, Marin, Contra Costa, Alameda, San Francisco, San Mateo, Santa Clara, Monterey and Santa Cruz. *Prices not effective in Vacaville or Fairfield. No sales to Restaurants, Dealers or Institutions. Sales in retail quantities only.

SAFEWAY

Marriott's Great America Half Price Children Tickets on Sale at Safeway for \$5.95 each

Obituaries

Raymond
Sergeant

EL CERRITO — Memorial services for 34-year local resident Raymond J. Sergeant were held last week at El Cerrito United Methodist Church, Stockton Avenue and Everett Street.

A native of Fort Morgan, Colo., Mr. Sergeant died March 13 in a Yountville

hospital. He was 64.

He was employed for 21 years as a machinist for the General Converting printing company and was an Army Air Force veteran of World War II. He was a member of El Cerrito United Methodist Church.

He is survived by his wife, Esther; two daughters, Jacqueline Knapp and Barbara Malton, both of El Sobrante; two sisters, Mary Gladys Leathers of Redon-

do Beach and Margaret St. Aubin of Portland, Ore.; three brothers, Allen, of Richmond, Thomas, of Denver, and Stanley, of Hanford, and four grandchildren.

Services were conducted by the Rev. Phillips C. Lawson of El Cerrito United Methodist Church and Chaplain Marlow Link of the Holderman Hospital Chapel in Yountville.

The family requests that

memorials be in the form of donations to the Holderman Hospital Chapel Fund, in care of the Yountville Veterans Home, Yountville, CA 94599.

Schmidt & Dixon (Richmond Funeral Home) was in charge of arrangements.

Esther Redel

ALBANY — Funeral services were held last week for local resident Esther Redel, who died

March 13 in Berkeley.

She was a native of New York. Mrs. Redel was a founder of the Jewish Community Center of Berkeley, a member of O.R.T., Haddassah and the Sierra Club.

Survivors include her husband, Ray; daughters Sharon and Daria; and a sister and a brother.

Interment was at the Home of Peace Cemetery in Oakland.

Fire chars Albany
Sauna and Hot Tub

ALBANY — Heat from a chimney which charred part of a wooden attic structure at Albany Sauna and Hot Tub brought firefighters to the scene Sunday morning.

The Albany Fire Department report said a maintenance man had smelled smoke around midnight but failed to find the source. Another employee who arrived about 9 a.m. alerted the owner.

Firefighters responded with two engines at 9:30 a.m. and worked on the roof for two and a half hours. They extinguished a small flame near the chimney, which supplied heat for the saunas, and pulled down charred ceiling and walls around the area.

The amount of damage was undetermined pending investigation by building officials.

Counselors

are needed. EL CERRITO — City of El Cerrito Community Center is now accepting applications for daycamp counselors.

Volunteer and/or in-training positions also available for under the age of 18. Views will be held during Easter vacation week.

Applications are available at the center, Mooser Lane.

PARK and SHOP
Discount Food Markets

SCHILLING
VANILLA ASSORTED COLORS
\$1.89 VALUE 2-OZ. **\$1.79** \$1.23 VALUE 11-PAK. **99¢**

PEPSI COLA
REG., DIET, LIGHT
98¢ 6-PAK PLUS DEPOSIT
16-OZ. BTLs.

C&H SUGAR
PURE CANE
\$1.49 5-LB. SACK
ONE COUPON PER FAMILY—ADD. SACK \$1.59

POTATO CHIPS
GRANNY GOOSE TWIN PAK
89¢ PKG.

RIPE OLIVES
BELL MEDIUM PITTED
79¢ 300-TIN

TUNA
BUMBLE BEE CHUNK IN OIL OR WATER
79¢ 6.5-OZ. TIN

PET MILK
EVAPORATED
49¢ TALL TIN

Fresh Eggs
RANCH PAK LARGE GRADE "AA"
75¢ DOZEN

FARM FRESH PRODUCE
ASPARAGUS LARGE-GREEN SPEARS **99¢** LB.
ORANGES NAVELS-SWEET LARGE SIZE **5 LBS. 99¢**

TOMATOES RIPE-FIRM LARGE SIZE **69¢** LB.
APPLES RED DELICIOUS EXTRA FANCY WASHINGTON LARGE SIZE **39¢** LB.
AVOCADOS FUERTE LARGE SIZE **4 FOR 99¢**
LETTUCE ICEBERG CRISP LARGE HEADS **39¢** EA.

LOW, LOW PRICES
WOOLITE LIQUID 16-OZ. **\$1.89**
EASY OFF OVEN CLEANER 16-OZ. **\$1.98**
WOOLITE RUG CLEANER 22-OZ. **\$2.65**
GRANULAR SANI-FLUSH 34-OZ. **\$1.23**
CAMPFIRE MARSHMALLOWS 16-OZ. PKG. **69¢**
SWANSON CHICKEN BROTH 14½-OZ. TIN **3 FOR \$1**

LOW, LOW PRICES
EXCEDRIN TABLETS 60-CT. **\$2.49**
WONDRA HAND LOTION 10-OZ. (50¢ OFF LABEL) **\$1.39**
VAN DE KAMP'S
SHEEP HERDER BREAD \$1.15 VALUE **\$1.05**
APPLE MUFFINS \$1.55 VALUE **\$1.35**
BERRY PIE \$2.99 VALUE 27-OZ. **\$2.79**

CHOICE MEATS & POULTRY
PARK and SHOP FAMOUS TRIM EXCLUSIVELY **USDA CHOICE**
BONELESS BEEF ROASTS • BOTTOM ROUND • SIRLOIN TIP • CHUCK **\$1.99** LB.

GROUND BEEF ROUND MADE EXCLUSIVELY FROM USDA CHOICE BEEF ROUND NOT OVER 22% FAT **\$2.29** LB.
BEEF CUBED STEAKS EXCLUSIVELY USDA CHOICE BEEF **\$2.98** LB.
FANCY SLICED BACON BAR S FINEST **\$1.79** LB.

GROUND BEEF CHUCK NOT OVER 26% FAT **\$1.98** LB.
BONELESS BAR-B-Q STEAKS EXCLUSIVELY USDA CHOICE BEEF **\$2.69** LB.
COOKED SHRIMP MEAT EXCELLENT FOR SALADS OR COCKTAILS **\$5.69** LB.

SWIFT BROWN'N SERVE SAUSAGE 8-OZ. PKG. **\$1.19**
SLICED IMPORTED HAM DAK SUPERLEAN 4-OZ. PKG. **\$1.09**
OVEN ROASTED TURKEY BREAST LONGACRE READY TO EAT LB. **\$3.19**
SLICED TURKEY BOLOGNA LONGACRE 6-OZ. PKG. **69¢**
CHICKEN FRANKS TASTY DOG BRAND BY BAR S LB. PKG. **89¢**

LOW, LOW FROZEN
BANQUET PIE SHELLS FROZEN 85¢ VALUE (2) 9-INCH **75¢**

SARA LEE CROISSANT ROLLS ALL BUTTER, CHEESE, WHEAT & HONEY 6-OZ. PKG. **\$1.59**

C&W FROZEN VEGETABLES
PETITE PEAS 10-OZ. 87¢ VALUE **74¢**
WHOLE SMALL ONIONS 10-OZ. 85¢ VALUE **69¢**
WHOLE BABY CARROTS 10-OZ. \$1.08 VALUE **89¢**
ARTICHOKE HEARTS 9-OZ. \$1.79 VALUE **\$1.49**

LOW, LOW DAIRY
MINUTE MAID ORANGE JUICE CHILLED \$2.19 VALUE 64-OZ. **\$1.89**
MINUTE MAID CHILLED ADES LEMONADE, FRUIT PUNCH \$1.25 VALUE 64-OZ. **\$1.09**

KRAFT LA CREME WHIPPED TOPPING \$1.07 VALUE 9-OZ. **89¢**

CARNATION COTTAGE CHEESE 94¢ VALUE PT. CT. **85¢**

KNUDSEN SOUR CREAM \$1.17 VALUE PT. CT. **99¢**

LOW, LOW PRICES
UNCLE BEN'S RICE LONG GRAIN & WILD \$1.39 VALUE 6-OZ. PKG. **99¢**

CAMPBELL'S PORK & BEANS 75¢ VALUE 28-OZ. TIN **63¢**

MOTT'S APPLE SAUCE \$1.09 VALUE 25-OZ. **85¢**

RICE-A-RONI STUFFING MIX HERB & BUTTER, CHICKEN, WILD RICE \$1.03 VALUE 6-OZ. PKG. **89¢**

FRANCISCO FRENCH BREAD SLICED SOUR OR SWEET \$1.19 VALUE 16-OZ. **89¢**

FREE EASY PARKING

PARK and SHOP
Discount Food Markets
OUR PRICES SAVE YOU MORE
WE RESERVE THE RIGHT TO LIMIT QUANTITIES
FOOD STAMP SHOPPERS ARE WELCOME AT PARK & SHOP

KETCHUP HINZ **\$1.89** 44-OZ. BTL.

COFFEE MAXWELL HOUSE **\$3.99** 2-LB. TIN

SNACKS PLANTER'S CHEESE BALLS, CHIPS, CORN CHIPS, PRETZELS **89¢**

PEANUTS PLANTER'S COCKTAIL & DRY **\$1.99** 16-OZ.

7-UP REG. AND DIET **\$1.29** 6-PAK 12-OZ. CANS

LOW LIQUOR PRICES
PAUL MASSON WINE CABERNET SAUVIGNON 375 ML. **\$1.99**
GILBY'S VODKA 80° 1.75 ML. **\$8.99**
SEAGRAM'S V.O. WHISKEY 86° 750 ML. **\$7.99**

PARK & SHOP GIN 80° 750 ML. **\$3.99**
CUTTY SARK SCOTCH 86° 750 ML. **\$10.99**
COORS BEER 6-PAK 12-OZ. CANS **\$2.99**

PARK and SHOP
Discount Food Markets
OUR PRICES SAVE YOU MORE
1850 SOLANO AVE. • BERKELEY • 2655 TELEGRAPH
Prices Effective Seven Days, Wednesday thru Tuesday
March 29, 1983. No Sales to Dealers

CLASSIFIED

ADVERTISING

237-1111
Classified Ad Line

Open To Serve You: 8:30-5:00 p.m. Monday-Friday

Advertising Policy: The Publisher reserves the right to revise, reject or reclassify any advertisement. Please, read your ad carefully the first day it is printed. North Bay Newspapers will not be responsible for more than 1 incorrect insertion of any classified ad or for errors not clearly affecting the value of the ad.

Adjustments for errors: Classified liners are taken up until 5 p.m. for publication in the following day's paper. Classified display ads are due by noon 2 full days prior to publication. Display advertisements for THE SUNDAY PAPER are due by noon Thursday.

Deadlines: Classified liners are taken up until 5 p.m. for publication in the following day's paper. Classified display ads are due by noon 2 full days prior to publication. Display advertisements for THE SUNDAY PAPER are due by noon Thursday.

010
ST. Black Lab, tall, long link chain, male. \$224-3771.
Male Golden Retriever, 31st St. Rich. \$233-4859, 758-2762.
PPY fawn/brown, small Crespel area E.S. V.V. Healthy Reward. \$233-5278.

011
LOST CATS
7/4 Vic of Taylor St. Solano & Marin. 1/2 male, gray tabby, white & tan, black & tan longhair. 527-6629.

012
IRISH Setter pup, Vic Barrett & Emma. E.C. 234-0360.
Shaffuck Avenue, 1/2 male, Owner identified. \$234-0360.
12, 1400 Shaffuck.

013
10 year old male, brown, Vic. Chev. 9 weeks hotel, 1/2 male, No Age Limit Day, Free Placement Assist. CALL NOW 788-4166.

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HELP WANTED 060

PRO PAINTING
House, apts. Excit prep. \$5 hr-free est. 527-8481.
OFF with the Old, On with New. Sell or Buy with Classified. 237-1111.

RECEPTIONIST Local Mfg. co. seeks mature person. Switchboard experience. Type 50-55 wpm, 10 key, AA degree preferred. Send resume to Box 402, % The I & G, 164 Harbour Way, Richmond, 94801. EOE.

REMODEL Carpenter. Exper. Good pay. Willing to work.
Mr. Bulid, 234-5381.

SECRETARIES SHORTHAND \$\$\$\$
If you have shorthand plus typing of 60 and 2 yrs office exp. we want you! Temporary jobs both long & short terms are yours for the asking. Call immediately. Diversified Personnel 1706 Broadway, Oak 451-4175

CLERK, retail, for children's book & toy store. Perm/fulltime. Please apply in person to: 1405 Grove St., Berk., Monday-Friday, 12-3 p.m.

COOK, fulltime, union scale. Apply 2-4 p.m., 13255 San Pablo Ave., San Pablo.

COUNTER Person, mature over 18. Permanent shift from 20-40 hr/wk. Union scale, vacation, sick pay, holidays, complete health & welfare. Must be able to work nights, days & weekends. Enquire before 11 am & 2 pm. 14417 San Pablo Avenue, San Pablo.

DISHWASHER, fulltime, union scale. Apply 2-4 p.m., 13255 San Pablo Ave., San Pablo.

GENERAL OFFICE A/P, typing, receipt, sm busy office, exp. mature. 30-35 hrs wk 848-8546 11-4

INSURANCE Warranty Sales. Light bookkeeping exp preferred. Sales training available. Call bet 5-7 pm. 234-3404.

INTERNATIONAL OIL DRILLERS
Now hiring for roughnecks and some field staff. Must train. \$20,000 plus. For info call (312)920-9675 ext.22148

LVN, night shift, long term care, exper req. competitive salary and benefits. Hillside Manor Convalescent Hospital, San Rafael. 479-5161

MANAGER for motel apt units. Energetic mature couple (pref married) aged 28-40. Salary plus living quarters, util, etc. Call for details. 10-7 pm Bob Flynn, 527-8180

POLICE SERVICES ASSISTANT
\$1286-\$1563/mo. HS diploma, 2 yrs experience preferably with law enforcement agency. Performs variety of quasi peace officer tasks relating to crime prevention, complaint reports, evidence collection/storage, vehicle abatement, dispatching, record keeping. Must type 40 wpm. Contact City of San Pablo Personnel, #1 Alvarado Square, San Pablo, CA 94806. (415) 234-6443 ext. 4319 for more info. Deadline for applications: March 25, 1983, 5:00 pm. No postmarks accepted.

SALES HELP WANTED 070
\$200-\$400/week Comm. Immediate openings for professional phone sales in expanding East Bay office. 656-2632, 1-6 pm.

W/40K plus bonuses Immediate opening for phone sales positions. Consistent pay on commission basis. Apply at 1301-45th St. or call 654-2632 1-5 pm.

WORK WANTED 075
BABYSITTER n Dover School & Davies Park, SP from 6 am-6 pm & after school care 236-1654 aft 6

CHILD CARE-Richmond area, all ages. Reasonable rates. 237-8728.

HSECLEANING-exper., efficient, reliable, bondable. Refs. Car. 37 yr. resident. 56 hr. 223-1927

WORK WANTED 076

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DOMESTICS 085

Part time Childcare for 14 mo boy. Albany. References. 524-1440.

LADY to live-in. Take care of semi-invalid wife. Refs. 233-7790

WHEN the Rain stops, its time to start gardening. Call 237-1111 for help.

CHILD CARE head teacher, 4-6 mo. position. 12 units ECE. Send resume to Peralta Child Care Center 1927-37th Ave. Oakland 94601

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Bridge

NORTH 3-2-83	
♦K9	♥3
♦AK764	♥AQ83
WEST	EAST
♦Q10872	♦A-----
♥QJ94	♥A10752
♦J10	♥Q853
♥97	♥10654
SOUTH	
♦AJ6543	
♥K6	
♥92	
♥KJ2	

Vulnerable: Both
Dealer: South

West	North	East	South
Pass	2♦	Pass	1♦
Pass	3♦	Pass	3♦
Pass	4♦	Pass	Pass

Opening lead: ♥Q

By Oswald Jacoby
and James Jacoby

On a good day South bids all the way to six spades and makes his slam because he finds East with queen and one or two smaller trumps.

In other words, he takes

the normal best trump play to score five or six tricks in the suit and leads to dummy's king to start off.

In today's hand South can afford to lose two trump tricks. He can be sure of the contract if he takes the safety play of leading toward dummy and putting in the nine-spot once West follows. A match point player can't afford the luxury of this safety play. He must assume that the safety play is too likely to cost him a trick and a lot of match points. Even a rubber bridge player can be excused for leaving this safety play alone.

Nevertheless, our old friend Pessimistic Pete, who is the epitome of caution, would certainly make that safety play.

Today he would be rewarded. Not only in personal satisfaction, but also with the material gain of plus-620 instead of minus-100.

(NEWSPAPER ENTERPRISE ASSN.)

DOMESTICS 085

COOK, exp. man or woman for 3 adults, priv home, dinners only. 4 hrs a day, 4-8 pm, 5 days a week, Thurs & Sun. off. \$5 per hr. plus meals. No smoking, other help in house. Meal planning, no shopping, must be interested in nutrition and various styles of cooking. Follow recipes if nec. cook, serve and clean up, contemporary kitchen w/ every convenience. N. Berk. location, good public transp. Apply to box 401 c/o I-G, 164 Harbour Way, Rich. 94801

TV-SOUND SYSTEMS—CS RADIO 450

WANTED: Tower for CB antenna, 30 ft. Reas. price. 236-0347 aft 5.

MUSICAL INSTRUMENTS 455

PIANO Upright antique green. \$275/best offer. 526-7493, 526-1317

NEW Electra bass guitar, plus amplifier, \$500 best offer. 237-1601 Ask for Melinda

3 accordians with cases. Tiran \$95; Salami \$195; Melodiso \$225. Exc. 223-7407.

PETS & SUPPLIES 450

2 West Highland white Terrier pups. AKC Reg. Female. \$250 each. 799-7042.

GOLD Retriever pups, AKC & wks w/shots. Show & field Champ. stock both parents. 724-6849

CARPETS, DRAPES AND HOME FURNISHINGS 475

BUNK BEDS: sturdy, incl. mattress and ladder. \$159. Aaron's 653-4706.

MATTRESS sets: firm, clean, sanitized. Twins \$39. Doubles \$49. Queens \$89. Also Serta and Simmons. 653-4706.

WATERBEDS, unfinished, \$143. Padded, stained, rustic, \$169 ea. W/bookcase headboard, \$199. Over 50 styles. Mattress pads, \$12. Sheets, \$25. Heaters, \$39. Mattresses, \$35. Dreamweaver, \$69. Di-nettes, \$49. Sofa & Love, \$199. 5 piece bdrm set, \$89. Mattresses: twin, \$24; full, \$34. Bunkbeds, \$69. 3 rooms furn., \$599 save \$300; \$21.60/mo. A/I's. 721 Tennessee, Vallejo. (707) 648-1813.

ANTIQUES 480

ANTIQUE SHOW & SALE
Benicia Gym, 150 East St. March 25-26. Noon to 8 pm; March 27 noon to 5pm.
Admission \$2.00, with this ad \$1.75. Snack bar avail. Benefiting Benicia Historical Society

GARAGE-YARD-RUMMAGE SALES—AUCTIONS 485

GARAGE Sale: everything must go! 7 a.m. to 11:00 p.m., daily. 2560 20th St., San Pablo.

FLEA MARKET. Every Fri., Sat & Sun. 7 to 4. Cortese Warehouse, 121-23rd, Richmond.

MISCELLANEOUS FOR SALE 490

TWIN bed, perfect condition. \$45 or best offer. Call 237-3516

VANITY, mahogany, 4 ft diameter mirror 843-9774

REAL leather couch, chair, ottoman set. Excellent cond. \$750. 223-2199 eves.

DRESSER \$75; twin bed \$50; cap. bed \$100; port. typewriter \$25; leather tools \$20. 222-0380

10 spd. Schwinn Traveler ladies w/travel rack, generator light, new, exci cond. \$150. 527-2359

BABy Items, bassinets, porta-crisp, dressing stand w/ drawers, bath tub. \$50. offer. 235-9111

REMINGTON 870 12 gauge 3 in. mag. shotgun, like new. \$200. After 5, 233-6039.

CAPTAINS bed, wood, 2 drawers, bedding, \$175; 2 girls 10 sp. Schwinn bikes, \$75 ea. 724-4025

BAR-butcher block dressing table, \$100. Must see to appreciate. \$400 or offer. 234-0105; 236-8581

WATERBED, queen, Winchester with new mattress & sheets. \$125/best offer. 527-7264.

DINING Set wrought iron table, 6 chairs, hanging fixture \$250/offer. 841-3373 eves only

FIREWOOD split seasoned, Buc. \$109/cord, plus TX plus 1.5/mi. 339-8245; 339-2760

MISCELLANEOUS FOR SALE 490

REGENCY Duan Phyte set, 1550 & chairs, buffet, corner couch, picture (pastel) steamer trunk, misc. 234-1731.

ANTIQUE furniture, low-price, vintage clothing, depression glass. 55% off. 851 Santa Clara Ave., Alameda.

MATTRESS/box spring. Simmons and Serta. Factory irregulars 40% to 60% off. Aaron's 653-4706

\$12.50 Serv. Call
On washers, dryers, refrigerators with this ad.

233-3086
Vern's Appliances, SP

Waterbed with mirror headboard, kingsize all wood grain, heat control unit, 15 dresser drawers all built in. Cost \$1100; sacrifice \$400. Aft 5:30 Mr. Powell 237-5960

APPLIANCES 492

ELECTRIC CLOTHES DRYER \$75, best offer. Call 10-4 pm, 724-3781.

BRAND new Kenmore washer/dryer, large capacity. \$600. 724-8499

WASHER, DRYER \$65. Apt. refri. \$95. 30 inch gas stove \$125. 45 day guarantee. 233-4159

REFRIG frost free, 5 ft. Apt. refri. \$95. 30 inch washer, top shelf \$125. Kenmore washer \$115; GE elec dryer \$95. 222-3852.

APPLIANCES 492

BUY AND SELL late model refrigerators and stoves. 428-9435

WARDS Stove, 4 burners; freezer, lg chest type; GE washer, \$175 for all or offer. 236-2585 aft 6

WASHERS & DRYERS Refrig's, stoves, freezers JOHN'S APPLIANCE 109-23rd St. Richmond 232-1250. Fully guaranteed. Free local delivery

RECONDITIONED HOME APPLIANCES Completely guaran. Terms. Free delivery. Since 1934. WICK'S APPLIANCES 2617 Shattuck, Berkeley 549-0800

FOR SALE OR RENT Large stock of new and reconditioned appliances. Commercial washers and dryers. All fully warranted. Check our prices before you buy.

FREE DELIVERY
HARDINA APPLIANCES 400 Carison Blvd. Rich. 529-1530 232-2911

15% Off With Ad
Large stock of new and reconditioned refrigerators to choose from. \$89 & up; freezers \$149; stoves, all sizes, older & late models, large selection. \$99 & up. Guaranteed parts & labor. We deliver. Taylors Appliances, 19281 San Pablo Ave., El Cerrito, Ca. Call 526-9055.

FIND, Rent, Tell, Sell, Buy, Hire, Locate, Trade—do it all in classified. Phone 237-1111.

GIVE AWAY 493

AUSTRALIAN Shepherd, female, 2 yrs old, blue merle, registered 724-0211

Desperate, need to find home for male Shepherd/mixed 745-8102 ext 2299, 653-5422

FREE To good home, Shep/Coile mix. 4 yrs. Good watchdog, friendly w/ kids. 525-3822

FREE To good home, Mini dachshund, fem. 1 yr. affectionate, good companion Babs 234-8045

BARGAIN COUNTER 500

WET SUIT/boots, flip-flops, exci cond. \$20. 724-2220

2 small stuffed ing rm chairs, nette & 4 chair good cond. 222-2220

60/40 Parks, er, works good, cleaning, w/ mirror \$35; w/ table, 2 chairs \$11. steel pipe \$1. 236-0347, after 5

BOATS AND SUPPLIES

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2 small stuffed ing rm chairs, nette & 4 chair good cond. 222-2220

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